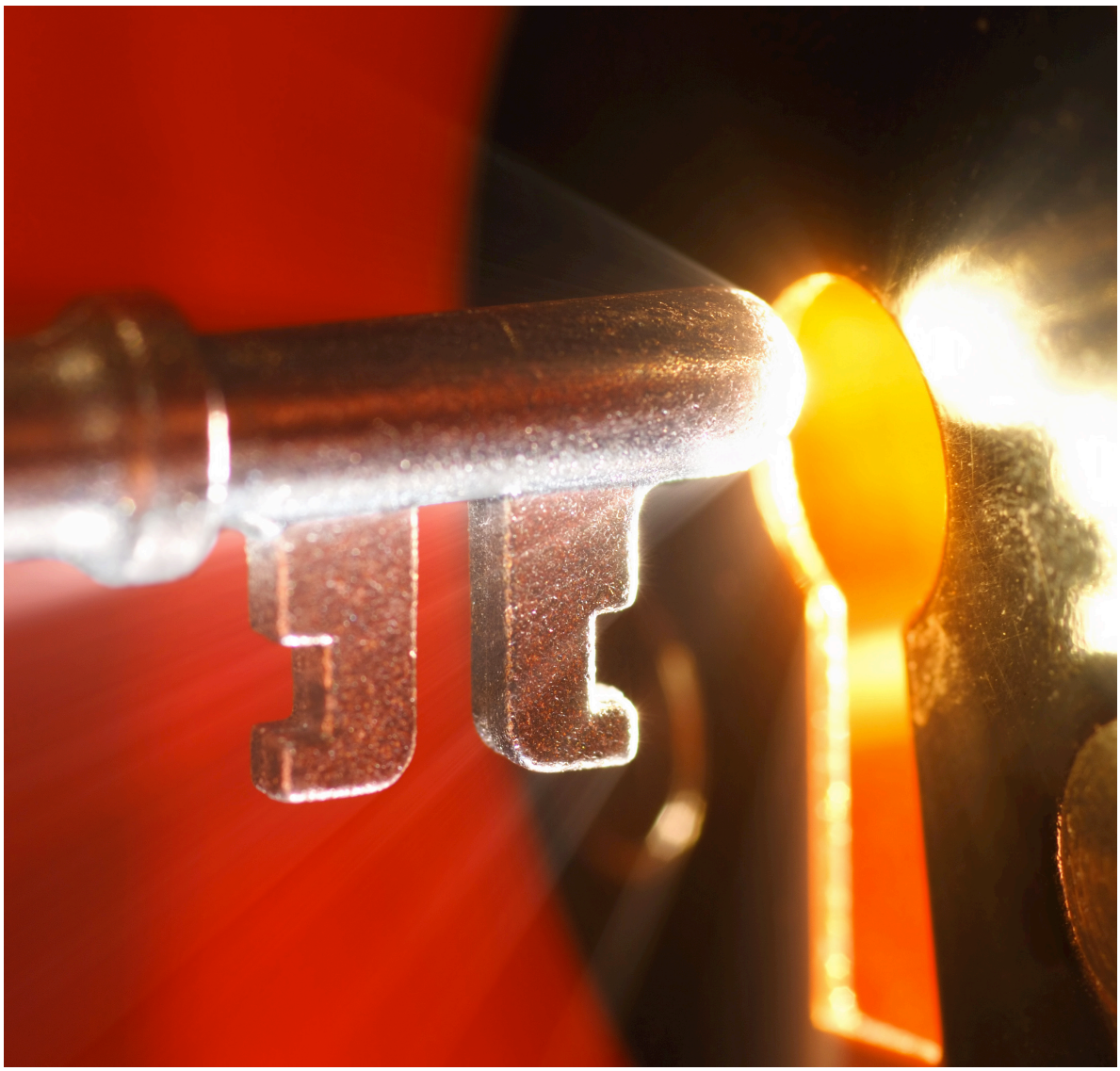
Thought Power – The Key to Successful Materialization



By Charlotte Anderson
For *The Inner Sciences Foundation* ©2016

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Maha Atma Choa Kok Sui & Charlotte Anderson
From the Private Collection of Charlotte Anderson

Foreword - Epilogue

My Relationship with my 3rd Spiritual Teacher, *Maha Atma Choa Kok Sui* began in the early 90's. A few years later, He became my Life Partner.

Our extremely Intense Relationship lasted for far more then a Decade.
Little did I realize at the time, that I was constantly undergoing extremely potent Training.

Virtually all of my previous life was relegated to the past – as a requirement of "that Period of being Present" – was extremely demanding on every level.
During the time we were together, I absolutely "surrendered" my life to Him and to His Work.

Essentially I left – everything and everyone behind except my relationship with my mother and with Grace, a close friend and Teacher.

In retrospect my time with Maha Atma Choa Kok Sui was an Amazing Apprenticeship - from one of the Greatest Masters of Energy of our Generation.

No other student of this Great Soul had such close Interactions with Him over such an extended period of time.

He constantly shared unfathomable information and we discussed virtually everything together.

And the Teacher was constantly giving me instructions.
Most frequently He would preface His remarks by saying,

"If anything happens to my body" – "do this …, do that …"
& "remember this …", or "tell (so and so)",
and on and on.

He did not begin saying this after His Heart Attack in 2004 –
but this was a habit that went on for virtually years.

These countless Instructions were placed into Telephones, Computers, into small Note Books, written on small scraps of Paper – and surrounded me in endless numbers.

The most daunting Instruction ever delivered was transmitted on at least two occasions - in front of His four children.
He directly instructed this Soul to write "His books".

To simplify the matter - He provided me with a list with more than 14 primary topics – for Guidance.

With the completion of this book – this Soul calculates she has at least 7 more to write.

Due to my separation from the family of my Beloved Life Partner and Guruji, as well as from His Organizations - these instructions had to be carried out in unanticipated forms and ways.

On the Conscious Level, it appears that He never doubted this Soul's ability to succeed in these numerous undertakings.

In Retrospect – this Soul understood - His beginning a sentence in this way - was His way of expressing His Faith, Trust and Belief - in this Soul's ability to carry out His Instructions in accordance with His vision and understanding.

However, during the Manifestation of His Desires over the past 7 years it has become clear that He absolutely believed I would exert maximum effort to Materialize His Instructions. He was 100% correct.
The Energy Extended to this Soul – as well as the Information that constantly passes through her to this day is a demonstration of the endless Devotion she had to both this Great Teacher and to the Spiritual Teachings.

Certainly this Soul never thought that so many Infinite Challenges would arise in trying to accomplish the carrying out of His Instructions.

Today I continue to work constantly - in the face of an amazingly massive global Organizational Resistance. Very frankly it has been particularly surprising to note such ostracism arose from former - so called "friends" and "colleagues" within His Organizations. After all - Spirituality would be considered to be a "Binding Factor". So much fear of this Soul's capabilities, her deep grasp of the Spiritual Teachings and her long standing network of global contacts – created such an apparent intense need to "Erase" her from the historic facts of the partnership of Charlotte Anderson and Maha Atma Choa Kok Sui.

The Guruji's continuing strong Presence in this life remains *unwavering* and His Influence remains a powerful continuous factor.

It should be noted that the Works thus far produced may *no longer* be considered as "His" books.

This is both due to legal issues, as well as because of the long time this author underwent Spiritual Training - which was actually initiated decades before she met her Life Partner.

Therefore, the compendium of Information, Experience and Knowledge – being provided here – contains significantly more than only "The Beloved's Information."

It should also be noted that the collaboration of the Life Partner and this Soul on countless projects - both during His lifetime and since – has provided an immediate platform from which to spring into multiple areas of Esoterica, as well as within the realms of Spirituality.

Charlotte Anderson
10 July 2014 at 12:24PM in Sedona, Arizona

Charlotte Anderson
From the Private Collection of Charlotte Anderson

INTRODUCTION

Prologue: How I was led to Materialization

In Life there are many turning points.
One major turning point in my life occurred in 1974, when I went to Beverly Hills to help a girlfriend pack for her move to a new location.
Once there, she tried to convince me to go to her numerologist "Grace".
She told me Grace had an amazing ability to *Manifest* nearly anything!

As gracefully as possible, I declined her request.
She gave me a copy of the small self-published book that Grace had written and later in the evening when my gorgeous friend went off on a date - I sat in her lovely high rise apartment reading the book - that would change my life completely.

The simple Formula in the Book teaches the reader - how to "Increase their Mental Power". This is done through simply *focusing one's Attention* (Internal Power) on the Achievement of an Objective - Any objective!

Step by Step - the simple Practice given helps an unruly Personality - to develop an unshakably strong belief that *nearly Everything in Life Is Possible*!

But of course, this Principle only Works when a Practitioner has the discipline – required to apply the Technique on a regular basis – and the Teachings of my first Spiritual Teacher – echo loud and clear here – that each one of us is ultimately responsible for ourselves – including our Thoughts, Words and Actions.

I sat there that evening blithely reading the book. It was very fast reading!
Then I took out a piece of paper and made a list of all of the things I wanted to Materialize in my life! Of course - all were completely impossible at that time.

Each item was constructed in Grace's format.
And in retrospect, while writing the list of items –
I was Thinking Very Negatively about the whole process!
I was thinking, "Oh well you know, this is impossible!
Ha ha ha!
Laugh, Laugh, Laugh! …
Go ahead and write it down –
But you know it is not very likely to happen!"
Ha ha ha!
So much Negative Thinking!!

On awakening, the next morning I quickly forgot about the whole interesting evening.
I put the book in my suitcase, took it home and placed it in the bookcase.

For certain I had no interest in a new numerological reading from anyone –
and the whole encounter was rapidly forgotten.

One year later - I was walking down the hall of my desert home and the small book nearly flew out of the bookcase, landing on the floor - directly in front of my feet!

As I bent down to retrieve the book, I noticed that a paper had also fallen out.
Immediately I remembered my friend and the evening in Beverly Hills and writing down all of those "Impossible" things!
Chuckling, I started to put the paper back into the book, but my eyes strayed to the first line on the top of the page.

I continued to chuckle humorously, and thought –
"Aha, Look at that! It actually happened!"

Then with amazement I read the entire page!
ALL of the things that had been "Impossible" to achieve or accomplish one year before – had Manifested!
Absolutely EVERYTHING – on the page had already occurred!
And of course mentally I *knew* that this was completely impossible!

With the book still in my hand, I sat down contemplating this awesome discovery.
After thinking about this very seriously for about 5 minutes - I thought,
"This really is just not possible!"

How could just writing those things down on that list –
have so systematically caused all of these things to happen?

How could all of this have happened through merely writing down my wishes?

After a short contemplation, I rushed to the telephone and called my friend
"You know that lady you wanted me to see last year when you were moving?
I want to see her as fast as I can!"

An appointment was booked, and about a week later I drove to Beverly Hills.
From that first meeting with Grace - my life *changed completely - forever.*

Best of all - the meeting began a wonderful and inspiring relationship that lasted until her death - more than 20 years later.

I regularly interacted with Grace.
In retrospect I consider Grace to be more a friend combined with being an amazingly Patient Spiritual Mother. She was my closest confidante, friend, and she guided me constantly.

In the Beginning - few students were worse Practitioners than this Soul.
When I would do what she called the "Mental Work" my life would immediately change – be filled with Light, with ease and beauty.
But then I would get very busy - going to the gym, painting my fingernails, filling my days with superficial lunches, useless shopping and countless unimportant activities.
Of course, being very distracted - I would naturally forget to "Do the Mental Work".

There were virtually hundreds of reasons - why I could not "Do" the Practices as directed – but in truth mostly I was undisciplined, lazy and very engaged in an extremely superficial life.

When nothing was going right – then finally I would remember to call Grace and she would always say "Oh, don't worry! I will Do the work with you!"

Of course nearly instantly and miraculously - everything would again improve dramatically – as I hopped back into the Flow and once again began to use my Mental Power to create a more wonderful life.

Of course I would always be very happy – to have problems and obstacles miraculously disappearing.

Life would then go along very well for a few weeks, a few months until again I would stop Practicing - and then of course everything would dramatically slow up.

Naturally - the Exterior Form of my Life would again begin to reflect my Inner State and would take a downward turn.

This reality would once again jar this personality into the Realization that "something more" had to be done. So again I would call Grace.
She was always supportive, kind and available.

We would discuss the situation and she would again instruct me to "Do the Mental Work".
She never failed to gently reassure me that she "would work with me" – to get my life back "on track".
But my Life was like a broken record – and this pattern occurred repeatedly.
Clearly, I had not learned to be responsible for myself, for my Thoughts or my life,
and this Pattern continued for 6 long years. I was a very slow learner.

My incredibly sloppy Practice continued until Grace decided to move from Beverly Hills to her sister's area in Madison, Wisconsin. Now Madison for sure is a long way from California.
But I knew I did not want to lose track of Grace, so we began a telephone relationship.

We would call each other nearly everyday.

A few years later, I even began to spend Holidays with Grace and her husband, Don, in Wisconsin - instead of with my own family.

And finally I began to reform as a student.
After approximately 7 years of Working with Grace – I finally began to do the "Mental Work" virtually everyday.
My Regular Practice was usually Successful.

Grace explained that the simple Techniques of Materialization she taught had come from powerful Qabalistic Teachings – from her Teacher – and they produce a generally predictable result.

A few years before she died – Grace also introduced me to her "Spiritual System" – something she said she had not previously shared with other students – and she gave me a copy of the Spiritual Exercises she had done everyday for many years.

During this period when people would ask, "What do you do?"
I would smile and tell them that "*I specialize in Doing the Impossible.*"

I said this because everything that needed to be done during this period - whether it was a plane reservation on a plane that was overbooked - or it was a needed business contact that seemed beyond reach, or a relationship problem or a personal situation that was uncomfortable or unhappy - All would repeatedly Manifest – in virtual Divine Perfection.

Of course what I really learned is that Everything is affected by the Energy of Thought Power … and that:

Almost Anything can be Materialized!

And later I realized that when you work with another person (particularly an Advanced Practitioner in Materialization) the Increase in one's ability to Materialize is exponential.

The Beloved was *very* interested in the Teachings of this soul's Teacher, Grace.
We discussed *her Techniques* together in great detail.
Eventually some of her Teachings were incorporated into His Work and this integration was an interesting factor throughout the Entire body of His works.

Any discussion regarding Materialization must begin with a few Priceless Fundamentals that give coherence to the various Techniques a Practitioner can use to Materialize.

Kriya Shakti is directly connected to one's Thought Power -
And Thought Power is connected to Quantum Theory.

The originator of Quantum Theory, Max Planck said:

"All Matter originates and exists only by Virtue of a Force …
We must assume behind this Force the Existence of a Conscious and Intelligent Mind.
This Intelligent Mind is the Matrix of all Matter."

Everything is contained within the Akasha, or the Quantum Universe.
Nothing is missing.

But what is the Akasha, "Ether" or the Quantum Universe?
The terms Akasha, Ether* or Astral Light of the Quantum Universe are frequently used Interchangeably, and indicate an immense, undefinable space – within which ALL is contained. And all co-exists concurrently within this boundless region.

All that has ever existed in the Past, all that Currently exists in this Present "Moment of Now" - and all that Will Come into Existence in the Future - and
even all that is beyond our present point of comprehension - *is Omnipresent within this Space.*

Nothing can ever be Extracted, Removed, or Erased.

All of the good things we can think of - as well as all Unwanted or Negative things we can imagine - are also contained within this space.

Erwin Laszlo *(The Author of the Self Actualizing Cosmos)* explained how the 'new' Akasha Paradigm is a recognized Connection with all things - in Space and Time – through the "Quantum Resonance" - of the Akashic Field.

Grace Emerson & Charlotte Anderson
From the private Collection of Charlotte Anderson

* Ether – Astral Light – "a fluid beyond the range of human sense" – "Britannica"

CHAPTER 1
MATERIALIZATION

What is Materialization?

According to Wikipedia – Materialization is the "Creation or Appearance of Matter from unknown sources."

And Matter may be Transformed from one thing - that is either Abstract or Virtual - into something that is Concrete or Tangible.

Today hundreds of thousands of references regarding Materialization are publically available on the Internet and many Best Selling books are available on this topic.

It is the Nature of people to *WANT SO MANY THINGS*!

In general people want to learn "The Ancient Art and Science of Materialization" because they would like to have a new house, or they wish for their house to "look" a certain way, or for their business or home to be located at a "certain address".

Some students of Materialization would like a new car, the right new wife, husband or partner for themselves or a new girlfriend or boyfriend for their children.

They may wish to receive recognition for certain accomplishments or to have a certain amount of Money in their bank account – or something else.

To facilitate these Objectives - some people begin to examine how to use their Mental Powers in order to Manifest their endless list of Goals, Desires and Objectives.

If one is motivated - one can use Techniques of Materialization in order to get what one wants. These Techniques should never be utilized to dominate another person or to harm other people in general.

Very Important Components of Materialization are:

- Good Karma
- Giving & Sharing
- A Regular Spiritual Practice

How does Materialization work?

Teachings on Materialization have mostly been kept a Secret from the world for hundreds of years.

Certain Techniques were taught by Mystics, Qabalists, Alchemists and others, but until relatively recently these Powerful Teachings were carefully "cloaked" or kept hidden from the general public.

This was especially true during the period of the Dark Ages or the Kali Yuga.

Materialization or "Kriya Shakti" may be used in positive ways - to help a person become Prosperous and Successful – or we can use our Thoughts in Negative Ways - that will make life a living hell.

The Mind in reality is the Creator of everything - but it is an individual's Emotion that provides the Energy that causes their countless frozen desires to become strong enough - to cause their Mental Force to become Powerful enough … to actually get - whatever it is they wish to have.

In the Vedantic Tradition it is said many times that:

The Mind is the Creator of Everything!

- *Paramahansa Yogananda*

"… any Idea will Manifest itself externally, if one's Attention (& Will) is deeply Concentrated upon it … an Intense Volition will be followed by the Desired Result."

- Extracted from *The Secret Doctrine,* by Madame Helena Blavatksy, ©1888, Page 173

Practitioners need to recognize that it takes the same amount of Energy to be Rich or to be Poor. In other words - whether a person is rich or poor, they still have to sleep, eat, they have to go to the toilet. All of these things take about the same amount of Energy.

Therefore, it can be said the same amount of Energy is needed to be Alive.
The same Power simply has to be redirected or pointed in the Right Direction.

A great deal of what needs to be learned in life is how to overcome our "old nature".
It is nearly impossible for one to become Prosperous and Successful if every day they wake up and think:

"I don't have the Right Education …
I don't have the Right Car …
I cannot do what other people can do because …
I am Too Weak …

I am Not Smart enough …
My Health it Not good enough …"

Each of us has an equal opportunity to Magnetically attract all of the most wonderful things in the world to us … or we may do *exactly the opposite*!

What people need to grasp is that the Magnetic Quality in each of us – is present in Direct Proportion to the Manifestation of the Divine Powers within us.

Indeed, when we truly believe that we are "made" in the "Image of God" – or at a bare minimum - we are an Individual Manifestation of the Energy of the Supreme Being – as expressed through the Divine Qualities within each one of us –

Then we will do all possible to:

a. Increase our Internal Power –
b. Do the Purification needed to Magnify and Direct withdrawals from our Divine Essence with Increasing Intensity –
c. Be conscious every day – of what we Do, Say or Think.

It is a requirement for Practitioners to realize the following simple Truth:

Whatever Thought is held Repeatedly
With Certainty
Will tend to Materialize Physically!

The Techniques of Materialization are countless.

So as to develop more accurate Skills of Discernment, this Author strongly recommends that all students of Materialization learn how to "Feel" Energy Accurately.

This can easily be achieved by taking a One Day TIS Workshop on *The Technology of Feeling Subtle Energy*. In some Traditions this Technique is sometimes called "Scanning".[*]

The Inner Sciences International Network of Organization emphasizes the Importance of learning this essential Skill.

[*] *The Technology of Feeling Subtle Energy* is a short one day Workshop - offered by *The Inner Sciences International* Network of Organizations. For more information – please go to: www.theinnersciences.net

Kriya Shakti is Directly Connected to our Quantum Universe

> *Everything in the Universe is composed of sub-atomic particles or Livingness called Quanta (or Quarks). All Quanta has the same stellar content and DNA.*
>
> *These particles are so small they have eluded physicists for centuries. The Quanta are constantly in a State of Flux. The Force that holds all of the Particles together is Consciousness! Consciousness is the Force that Organizes these Particles into this World.*
>
> *The Material Form in our World is solidified living Quanta (such as one's car, sofa, money etc). Everything else is unformed Quanta – waiting for your Instructions.*
>
> *If you imagine – all of the Air in the World as unformed Quanta (and in truth that is what it is) – with every Breath that we take, each of us is Inhaling Unlimited Potential – circulating it throughout our Bodies, through our Thoughts and then Exhaling it back into the Physical World.*
>
> *During Exhalation – the Manifestation Process begins.*
>
> - Extracted from *The PPT on Thought Power*, by Charlotte Anderson, ©2014

Each Practitioner needs to grasp that connected to the concept of "Kriya Shakti" - are literally millions of infinitesimal *Particles* or *Quanta* or *Quarks*.

Our Minds are constantly Attracting and Attaching to these particles – to one after the other - of these endless numbers of Quanta or Quarks.
All are present within the Infinitely Spacious Quantum Space.

Practitioners must realize that each one of these "unformed" Quanta - when combined with other Quanta of a 'Like Quality' - contain an amazing Potential or Possibility to *Manifest Virtually Anything and Everything.*

> EVERYTHING WE THINK ABOUT WE MAGNETIZE TO OURSELVES …
> These phenomena operate according to the Law of Attraction –
>
> *"Like Attracts Like …"*
>
> - Extracted from *Patriarchs and Prophets*, by Ellen Gould Harmon White, ©1890, Page 176

We become aware that *each one of us* has an equal ability to use these Unformed Quanta – to Materialize our Objectives. Our ability to Materialize can be very exactly directed toward a specified outcome – through maintaining our Conscious Awareness of this factor.

This Author would explain:

> In Materialization, our Consciousness is constantly attaching to Quanta or Quarks which ultimately become the *Composition of the Material Substance* of our Wishes, Dreams and Desires.

In other Words, we draw to ourselves "*Like Energies*" (Quanta or Quarks) through Deeply Wanting a Thing, through constantly Thinking about a Thing – or through strongly Wishing for something to occur or transpire.

What "makes" it happen?

The catalyst that catapults our Wishes for any item or desire into the Physical World – is our *Emotional State*.

Emotions are an Energy that sends out its vibration toward one's specified objective – like a bullet shooting out of the container or the gun.

> *In the Law of Attraction, we find that which attracts its kind, or that which is in harmony with the initial Cause, for "Like attracts Like," while in the Law of "Action and Reaction" or of "Compensation," we find that we get as we give.*
>
> - Extracted from *The Law of Financial Success*, by Edward Hughson Cowles, ©1905, Page 27

Each of us has an equal opportunity to Magnetically attract all of the most wonderful things in the world to us … or we may do *exactly the opposite*!

The Magnetic Quality in each of us – is present in Direct Proportion to the Manifestation of the Divine Powers within us.

Indeed, if we truly believe that we are "made" in the "Image of God" – or at least as an Individual Manifestation of the Energy of the Supreme Being – as expressed through the Divine Qualities within each one of us – we will:

a. Do all possible to properly Increase our Internal Power –
b. Do the Purification needed to Magnify it so as to draw from the Divine Essence with Greater Intensity –
c. Consciously consider this in EVERYTHING – we Do, Say or Think.

CHAPTER 2
THOUGHT POWER

Thought Power

Lord Buddha Shakyamuni wrote,

"What we are today comes from our Thoughts from yesterday."

Our present Thoughts build our life of tomorrow.
Our life is the Creation of our Mind.

GAUTAMA BUDDHA*

* Image Extracted from Wikipedia.org (For more Information go to Appendix U)

Developing the Divine Power Within

An enquiring student recently asked,
"Maa*, Why do we need to use Techniques of Materialization anyway?
Why can't we just sit, Meditate and reach Enlightenment?"

This soul thought the question was extremely worthy of consideration and meditated on it. Internal study led to an expanded understanding of Materialization and its place in the physical world.

The Soul and its Subtle Bodies

Channeled on July 2, 2014, at 11:50AM in Sedona, Arizona

This Study on Materialization will begin by Understanding the Subtle Features that compose a Human Being.

Multiple Traditions Teach that a person is composed of both Physical and Subtle Layers of Energy – including a Physical Body and Subtle Energy Bodies.

Our Subtle Energy Systems have also been written about and described by the Theosophical Tradition, by at least several Religions, as well as by many Great Spiritual Teachers.

Understanding the Subtle Bodies

A person is composed of a Physical Body and Energy Body - and other Subtle Bodies that include: the Emotional, Mental and Spiritual Bodies.
These Subtle Bodies compose the various parts of Human Consciousness and have multiple functions.

Ancient Teachings from the Hindu Tradition even contain Special Terminologies to describe these multiple Subtle Spiritual Energy Layers.

The Hindu Term "Jiv Atma" means "Embodied" Soul or a Soul with a body.

When the Soul is "within" a physical body it is considered to be Embodied.
And ALL parts of a person are within the Soul.

From an even more Subtle Viewpoint, it may also be understood that each person is made "in the Image of God".
Each of us has an Incarnated Soul *(Jiv Atma)* - a Soul *(Atma in Sanskrit)* and a Divine Spark or ParamAtma.

* Maa is a term used by students in India to address Charlotte Anderson

Madame Blavatsky defined the "Divine Spark" writing:

From the Absolute comes the Divine Fire.
A Spark of this Divine Fire – is differentiated into a
"Divine Spark" and is called the Monad.
It is difficult to describe the Monad or to list its attributes.
All that can really be said in a description of the Monad is that it is
an individualized expression of the Absolute, a "Divine Spark."

- Extracted from *The Secret Doctrine,*
by H.P. Blavatsky, ©1897, Page 175

The "I" (Higher Soul) of you cannot be wiped out…
It (the Soul) is Eternal & will go on and on and on …
To Higher and Higher States …
But it always will be the same "I" (the same Soul) …

- Extracted from *Raja Yoga*
by Yogi Ramacharaka, ©1906, Page 9

In another layer of understanding – it may be stated that – each person contains "Trinity" within their Energy System. Simplistically, this may be grasped through understanding how Trinity is expressed in different Traditions.

In the **Christian** Tradition as:	In the **Hindu** Tradition as:	In the **Qabalistic** Tradition as:	In the **Islamic** Tradition as:
God The Father	Lord Shiva	EIEH	Allah *(swt*)* Al-Muqtadir - the All Powerful
God The Son	Lord Vishnu	ELOHIM	Allah *(swt*)* Al-Wadud - the All Loving
God The Holy Spirit	Lord Brahma	EL	Allah *(swt*)* Al-Khaliq - the Creative Intelligence

From the viewpoint of the Yoga Vidya System of Ancient Indian Knowledge and Wisdom – our Divine Qualities are also expressed as: SAT, CHIT, ANANDA.

These Attributes Sat *(Divine Power)*, Chit *(Divine Intelligence)*, Ananda *(Divine Love)* are defined as Manifestations of Divinity within the Consciousness of each person.

* ***Subḥānahu Wa Ta'Ala** (Arabic: سبحانه و تعالى) is an Arabic phrase that means: Glorious or Exalted be His name

As a Practitioner develops these Divine Qualities in their Personality - they develop these Qualities in their Soul. When this occurs the process of Materialization becomes fast and smooth – because Inner Obstacles are reduced, intention is increased and "As you Think" physical objects, goals or objectives are Manifested.

When Obstacles are removed – a trained student may rapidly and easily Transform their Business, Transform their Life and through this process of simply "Living" - the Evolutionary Transformation of the Soul occurs. But, most of the time the Personalities of ordinary People are completely unaware of this information.

It is wise for Students of Materialization to realize that each Human Being is in the Process of Merging and Becoming one with the Mind of the Creator - as a Mini Creator in their own life - or within their personal part of Universe.

Carefully considered - each of us is actually in the process of Creating every second of every day.

But the majority of people on the street are seemingly unaware that each of us has all of these Amazing Powers within us.

Interestingly, people who are aware of the Existence of these Powers - frequently don't know how to recognize them as a personal Reality, nor do they have a clue about how to Utilize or Develop these Divine Qualities within them.

Most often these Powers within us - begin to develop either during a life crisis or through Simply and Strongly Focusing on the Thoughts of ALL of the objects or "Things" we long to possess – in this lifetime.
In other words these "Powers" within us - are most easily grasped through vividly "Dreaming" about our Wishes, Dreams, Desires or Objectives.

Why do such Potent Energies express themselves in such a mundane fashion?

When we are Creating we must utilize our Divine Intelligence …
Within varying degrees we also become one with the Universal Mind that has Manifested or "Created" Everything in this Universe – and the Universes.

It is during the course of our Daily activities, when we are mostly engaged in obtaining all of the "things" we want to possess in the physical world - that our latent Divine Powers become catalyzed by our Emotional States – which drive us to unknowingly develop our Divine Powers even further.

All that we need to do is to strongly focus our unwavering Attention on an Objective or Thing that we wish to Create, or an outcome that we wish to produce.

Every one of your Thoughts is extremely Powerful!

It is actually through the Manifestation of all things – of all the stuff we want - "through the Actualization" of all our countless Wishes, Dreams and Desires – that a Practitioner is led to a more complete Development of the Soul.
This occurs through the Actions of the Personality Manifesting what the person wants and needs within the Physical World.
It is through the strenuous process of Physically achieving the endless parade of constant desires – that we are unknowingly and vicariously led - to the Development of the Soul.

Gradually, when a person begins to recognize the extent of the Possibilities revealed through the development of our extremely Potent Mental Abilities –
then they grasp that there is Maturing of Latent, Underdeveloped Abilities or Powers that have been placed "in motion". But usually these Divine Qualities within us are substantially unused.

We "Become" more "Seasoned" –
through Mentally Directing Energy to the Materialization of our Objectives.
Without our conscious Knowledge or Awareness - these fledgling Creative Powers – are expanded on a daily basis – through the normal process of Living.

It is normal that our attention is regularly completely "captured" by the Desires in our lives.

Most of what we want is temporary or transitory - so very soon we become aware of our original state - Grasping after more and more Money, Thirsting for more and more "Things" that will never "fill us up".
This will only leave us Desiring More.

Dukkha or Suffering occurs - due to our various degrees of not understanding what is really happening – is a repeated process when we cannot have what we want.
This causes our "not understanding" of how all of these desires, these attachments - only cause desire for more.

The serious Study of Materialization eventually causes a thoughtful Practitioner to become Aware or to Realize –
that each one of us contains a vast untapped Reservoir of Mental Power.

<u>Our Mental Power is the most important Power within us</u>

It can be specifically Directed and/or Used to Produce specific desired results – Etherically, Physically, Emotionally, Mentally <u>and/or Spiritually.</u>

This Power becomes honed - more and more refined - through its use.

Through the use of Techniques of Materialization,
Practitioners learn to develop this reservoir of largely untapped Mental Power.
Therefore, Doing "Kriya Shakti" is very important – because it leads us to the Evolution – or Development of the Soul!

Ultimately through our Activated Mental Faculty – we begin to systematically Evolve Spiritually.

No Body has a monopoly on Truth or a corner on Knowledge.

- Extracted from *Self-Healing Thought Power,*
by Wiliam Walker Atkinson, ©1907

Thought Power

When someone creates a "Kriya Shakti" or focuses their Internal Resources on achieving a certain goal – they are actually creating a Thought Form that will travel from the Mind of the Creator – toward the desired objective.

In the process, this Thought Form - will gather momentum through attracting to itself other "like Thoughts or Energies".

Together these will combine to form an even more powerful Thought Form - which becomes the vehicle required for your Thought Form Assistant to accomplish its assigned Job or Task.

This means the person who is in the process of Creating or Concretizing a Wish – in the form of a "Kriya Shakti" or through F*ocused Materialization using Thought Power* - is constantly creating.

Once it is understood, that by applying a simple yet focused system of Subtle Energy using the Force of focused Thought Power - we can Transform one type of
Subtle Energy *through applying our Mental Power* into another Form of Subtle Energy.

By using Thought Power we can produce Almost Anything!

This is very simple. It is done through actively creating a Thought Form, then Energizing it with the Divine Force within us - then throwing it out into the World for it – the Thought Form created - to find a way to Manifest its presence physically.

Through strongly focusing our Creative Intelligence, we may learn to bring into physical existence our Needs and our Dreams, including - Goals for Humanity such as the Power to Manifest a better cleaner Physical World.

This is Materialization unleashed – revealing its full Power of Transformation through Physical Manifestation.

The Mind

Materialization when called by its Sanskrit name – is termed "Kriya Shakti".

The Art of Materialization may be broken down into Understanding how the Mind works and what it can do for us or against us.

Our Ability to Materialize largely depends on the degree of Control we have over our Mind and Emotions.

The really amazing part about the Technology of Materialization is - that it is so extremely simple that almost any child "can do it"!

Actually children are excellent at Materialization.
For Example, "Mommy I want a new dress for the party", or "Daddy I wish I could have a new red bicycle." Children are really expert Materializers. They simply wish and sooner or later their Wishes usually come true.

There are so many Techniques that can be applied to or contribute toward the Manifestation of our Wishes.

If you correct your Mind,
the rest of your life will fall into place.

- Quotation of Lao Tzu

Positive vs Negative Thinking

Yogis, Sages, and Great Spiritual Teachers from many Traditions have taught the importance of "Maintaining Positive Thoughts". Some of the greatest Philosophers of all time have repeatedly given this guidance to Humanity.

Authors have written countless books on the subject of Thought Power.
(See Appendix S) This topic is fundamental to the subject of Materialization.

In general these Priceless messages are only fleetingly remembered - or they are called upon only during moments of Great Personal Stress, Crisis or when one has an Intense Desire for a particular outcome.

By observing the quality of one's life – it is possible to grasp the quality of the Thoughts of a person – most of the time. It is extremely important to begin to be constantly Aware of the quality of ones Thoughts!

In life - sometimes difficult Karmic Situations arise.
Then we may observe how the person handles those situations. Through this observation one may grasp the quality of the person's Thoughts

Does the person continue to focus on their Work or on their purpose in life – when such "difficulties[*]*" arise – or are they distracted by the unexpected situations?

Does the person meet the challenges with Inner Strength and Thoughts of Positive Attitude – no matter what they are facing - or do they "fall apart"?

It is through "Mind Control" – that we are able to pass through Periods or Crises – reaching the other side of the situation or problem.

When we reach our Targets or Goals in the physical world - surprisingly we may find that we developed more Inner Strength than we had before that "Turning Point" occurred.

> *When you write down your Thoughts of Goals, positive or negative, they have a permanence that nothing else can match. That permanence is very much like the focused attention of your Mind: it begins to bring forth things from the invisible and makes them start to Manifest. Writing is a constant Word speaking into the Universe 24/7. Even after you no longer hold Thoughts that fueled the writing in your Mind, the written Word perpetuates it for better or worse. Writing carves your word in diamond! If you write something you make it inevitable.*
>
> - Extracted from *The Laws of Thinking: 20 Secrets to Using the Divine Power of Your Mind*, by Bernd Jordan, ©2006, Page 46, 48

[*] Personal Illness, Family Illness, serious Financial problems, Bankruptcy, legal problems, loss of a loved ones or other heavy challenges in life.

BUDDHA MEI LING

When Negative Thoughts are continuous or repetitive - like a broken record –
if they do not stop – then, the Thoughts we create most usually happen.

This means that Everything – is being magnified again and again through the Thinking Process itself.

So we must learn to Regulate our Thinking.
When the Practitioner can regulate their Mind, when they can remove the Negative Patterns of Thinking from their Consciousness, there is a better chance to overcome the situations that cause unhappiness, disquietude or suffering in life.

Methods to Increase your Internal Power

Practitioners who wish to learn Techniques of Materialization need to regularly increase their Internal Power.

It was noted by this Author during the virtually hundreds of Airline Flights she took with her Guruji, that each time a plane would land in a new location – He would do a Short Invocation - and then He would "put down His roots" in the new location.

He explained to her this Practice will Increase a persons Practicality - in the new location. This is especially needed when the physical body is tired from long travel.

One important way to strengthen the Body and Focus the Mind is through using this Technique.

Maha Atma Choa Kok Sui* further explained that His work in each new area would be more Successful if He remains Rooted in the new location during His stay.

In all of those countless flights they took together, she cannot remember even one - when He did not follow this Technique.

Practitioners must watch what they Think, what they Feel and what they Say. These Energies will affect reaching Goals or Targets and ultimately it will affect One's Degree of Success.

Every Practitioner's Internal Power is affected through their Practice of Right Thought, Right Speech, Right Action. Positive Thinking is Essential!

When we become stuck in chaotic Emotional States, we are not able to respond rationally to situations. This is because we cannot "see" those situations clearly due to our unregulated emotional state.

One's Intuitive Ability to discern between Subtle Nuances, Subtle Differences in a situation are often affected – by our negative emotional states as well as by our "wrong" Thinking.

When an Emotional State is unregulated we will miss many opportunities in life. This is because we either cannot recognize the opportunity or because we will be unable to act in a timely manner. This causes Practitioners to lose many advantages and many important opportunities.

While a Practitioner's Passion for their work is guided by an Intense Desire to reach their Goals – their lower Emotional States need to be regulated.
Our Minds must be clear!

* When Indian Instructors in *The Inner Sciences India Trust* Organization heard they were forbidden to speak the name of their Guruji publically – due to one of His organizations having Trademarked many forms of His names (i.e. Master Choa, Grand Master Choa, Master Choa Kok Sui etc.) they said, "Our Beloved Guruji is a Great Soul. We will call Him - Maha Atma Choa Kok Sui."
Therefore, this author supports their position – through using their chosen term.

CHAPTER 3
THE ENERGY FACTOR

Energy and Materialization: Energy

One very important concept that affects a Practitioners ability to understand Materialization - is a Fundamental Understanding of Energy.

Energy is present in virtually Everything.

Energy can magnify the Quality of Everything we Do –
Everything we Say and Everything we Think.

The Presence of Energy - can magnify Thoughts and Situations - while the absence of Energy - usually leads to decay, destruction or death.

Energy can be directed or projected and it can be used for great benefit.
But it may also be misused or misdirected - which may cause undesirable circumstances to occur – ranging from extremely undesirable to simply annoying.

Energy can be used for the Purpose of Transforming something such as an object, a condition – physical or invisible - from one State to another State.
Practitioners must grasp that "Energy is Neutral!"

Energies exist in its various forms (including Fohat, Prana and Kundalini) and they are very Real.

Therefore the "Energy Factor" in Materialization requires constant Monitoring, Great Attention and Awareness.

This is achieved by developing keen Power of Observation – of both Physical Circumstances and Conditions - as well as of Subtle Reactions in people and to situations
The people surrounding us and our personal reactions to a wide range of factors –
need to be monitored.

The Energy Factor may be considered to be Omnipresent with regard to Materialization.

The Energy Factor

While my work with Grace very rapidly changed my life completely –

Channeled on July 2, 2014, at 11:50AM in Sedona, Arizona

despite all of the constant and amazing Transformations I experienced – I was still ignoring the "Energy Factors" that became so important during the years with my Life Partner Maha Atma Choa Kok Sui.[*]*

For a Practitioner to grasp the *"Fundamentals of Energy"* is extremely important - because Energy is actually the cause of all of these "impossible" miracles occurring.

For certain my first experiences with Energy were extremely immature.
The first book this Soul read about Materialization was very interesting - but it did not have a long-term impact on my Mind.

After reading that book I went to a lecture with a girlfriend.
Of course now I cannot even remember the topic of the lecture.
We were sitting in the back of the lecture hall and this Soul mischievously decided to experiment to see if she could project her Thoughts in order to influence the other participants attending the lecture.

I did not know anyone else in the hall, except for the friend who had accompanied me there.
So, I would choose a person sitting a few rows to the front and would point the victim out to my friend.
Then I would begin to Project a Thought that "something" was crawling on the back of the person's neck. Very naughty!

After a very short period of time - invariably the person would begin to squirm and eventually they would reach up and start to rub the back of their neck.

As soon as this small "Success" had been achieved - my friend and I would giggle and then we would choose another victim and repeat the process.

Pretty soon many of the people in the hall were uncomfortable and they were all squirming and continued rubbing their back of the necks.
All of this occurred due to the wrongful antics of an immature Practitioner sitting in the back of the lecture hall misusing Priceless Technology – for a ridiculous purpose. I soon forgot about this incident.

In retrospect this Author would say this was her first encounter with Projection of Energy – and she remains chagrin as to the misuse of Energy – which should at very least be respected – if not Revered.

With great naivety I did not recognize the importance of the information received through this immature experiment.

[*] Maha Atma Choa Kok Sui

It was not until many years later - when I met my Life Partner Samson Choachuy – known as Maha Atma Choa Kok Sui – that I began to grasp that Everything in the World is composed of Energy.

Factors that affect the Ability to Produce Results
The Physical Vehicle – the Body

From the moment we are born we are in the process of leaving the body.
The body allows us an opportunity to develop and have experiences that lead us to Manifest our Greatness - which really means we are Manifesting more fully the Greatness of our Souls.

One of the many reasons a Practitioner requires a physical body is to evolve more rapidly.

It is through the various aspects of Attaching to, Releasing or Letting Go and Moving On - that we Spiritually Evolve.

Our bodies - while often fun to indulge – and while useful in the physical world – are only temporary.

Ultimately in the Physical World - nothing lasts forever.

The Energy Centers*

Energy flows into the Human System through both - Physical and Energetic Channels.

Physical Channels are commonly recognized by most people and include the eating of food, the inhalation of air, and the absorption of Energy from the sun or from other sources - through the skin.

Energy is also absorbed through the Energy Centers, Nadis and Meridians and the Subtle Energies that come from the Sun, the Ground (including the Trees) and the Air as well as from Spiritual Sources.

So that new Practitioners of Materialization may understand more about the effect of Subtle Energy on our Physical Bodies we will share a short section on the Energy Centers and the effect of the Energy received and distributed through these Subtle Energy Channels.

* You may find a Diagram of the Energy Centers in Appendix B

CHAPTER 4

A SHORT STUDY OF THE ENERGY CENTERS AND THEIR RELATIONSHIP TO MATERIALIZATION

A Fundamental Understanding of a person's Esoteric Anatomy is revealed through the Energy Centers. This concept was taught by the Life Partner of this author and has been taught for decades by numerous other experts on Subtle Energy and Energy Healing.

Our Energy Centers are actually "Beings of Consciousness".
They contain Energies that may be Gathered and Directed for many Purposes including Materialization.

It is important to remember several rudimentary points about the Energy Centers.

1. The Condition of our Energy Centers affects our ability to Materialize in the Physical World.
2. When balanced, healthy and energized these "Whirling Vortices" work together in a predictable pattern - in synchronicity.
3. The Degree of Success we achieve in the physical World – is directly proportionate to the proper Function of the Energy Centers.
4. When the Energy Centers are Strong and Balanced – they are also directly connected to Prosperity and Success.

This Author has heard her Guruji saying,

"It is more difficult to be Successful when you have Less Energy."

Therefore, all of our Energy Centers need to be "Full" of Energy and Well Balanced.

Specific Energy Centers are used in Materialization

1. The Basic Energy Center – Center for Materialization and Success

> *The Muladhara Chakra: Its function is to respond to any issues concerning survival: eating, sleeping, exercising, recovering from illness, earning a living, or simply feeling safe and secure. If there is some damage to this Chakra, when we find ourselves repeatedly coping with threads might be changing jobs, having to move …*
>
> - Extracted from *The Truth About Chakras,* by Anodea Judith, Llewellyn Publ, ©1990

The Basic Energy Center is connected to our attitude about Money and Success.
When it is strong it Increases our Sense of Practicality.

A strong Basic Energy Center helps one to remember to calculate in advance - how much risk one can handle – so that our activities will be Balanced and Successful.

Consider:
Will our brilliant new plan simply increase our expenses or will it actually increase our profit?

What will we do if something goes wrong?
We need to be cautious about handling our financial well being.
For example, I heard my Guruji say,

"If a person is having a financial problem -
their Basic Energy Center is not strong enough."
When a person cannot keep a job
it is a sign that the Basic Energy Center is weak.

Some of the Qualities of the Basic Energy Center and how it affects our ability to Materialize our Wishes are:

- Provides Physical Strength
- Increases our Sense of Responsibility
- Helps us not to Procrastinate
- Helps us to Earn a Living
- Helps us to Find & Keep a Job (and get Promoted)
- To Receive an Increase in Pay
- Assists us to Run a Successful Business
- Helps us to Plan for the Future
- Reminds us to be aware of Risks

This Author's Life Partner observed that the Basic and Heart Energy Center of an individual increases when they donate Money for a good cause - such as Feeding the Hungry and the Homeless.

It was a strongly recommended Practice for Spiritual Practitioners and for those who were very sick or recovering from a serious illness. But donating is not enough. Directly Placing food into the Hands of the needy is required to receive the desired result.

The Basic Chakra … feeds the life-giving principle …
resulting in the fundamental Instinct of Self-preservation.

- Extracted from *The Chakras & Esoteric Healing,*
by Zachary F. Lansdowne, ©1986, Page 17

2. Ajna Energy Center – The Command Center

Ajna Chakra, the center of Mastership and Will Power.

- Extracted from *A Superior Technique for Spiritual Activation, Healing and Transformation,* by Ray del Sole, ©2010, Page 11

Benefits of Ajna Chakra … Third Eye:

Primary Benefits:

- *Builds the Power of Intuition*
- *Increases and Refines Awareness*
- *Provides Clarity of Thought, Insights and Wisdom*
- *Allows for Non-Verbal Communication*
- *Builds Focus and One-Pointedness of the Mind*

- Extracted from http://anmolmehta.com/blog/2007/05/03/ajna-chakra-meditation-technique-3rd-eye-free-guided-meditation-book-for-daily-practice/ on July 5, 2014

Some of the Qualities of the Ajna Energy Center and how it affects our ability to Materialize our Wishes are:

- Command Center
- Planning
- Willing Something to Transpire

Through the Ajna Chakra humans have the capacity to understand abstract concepts and principles. Someone with a well-developed Ajna Chakra can take an overview of a situation and delegate the things that need to be done, whilst maintaining the objective, and overall management.

- Extracted from *Ignite Your Spirit: What Is Spirituality and How Do You Feel Great?,* by Shakti Durga, ©2010, Page 135

3. Throat Energy Center – Increases our Awareness of Details

This Energy Center helps to show you how to bring your dreams into Physical form.

Your Throat Chakra defines the details of how … (a) need is filled.

- Extracted from *Awakening Spirits: Wise Seminary, First Year Certification for Wiccan Clergy,* by Belladonna La Veau, ©2003, Page 91

Some of the Qualities of the Throat Energy Center and how it affects our ability to Materialize our Wishes are:

- Allows us to see things in Detail
- Is an expression of Creative Intelligence
- Controls the Lower Creativity

The Throat Chakra responds to Clarity, enabling Creativity to be expressed …

- Extracted from *The Chakras & Esoteric Healing,* by Zachary F. Lansdowne, ©1986, Page 17

4. Heart Energy Center – Promotes Harmonious Relationships Balances Compassion and Generosity

The Heart Chakra … is about … concern for one's self and others …
If the Chakra is balanced you are able to nurture and love yourself and others.

- Extracted from *Alternative Healing Compendium,* by Seema Anand, © Page 25

When this Chakra is open and in balance, you experience Compassion, Empathy and Trust in other people.

- Extracted from http://www.theinsidestory.org /whataretheChakras.htm on July 5, 2014

Some of the Qualities of the Heart Energy Center and how it affects our ability to Materialize our Wishes are:

- Compassion or Interest & Concern for Others
- Needed for Generosity to generate Good Karma
  Required to maintain Harmonious Relationships
- Increase our Desire to be Generous – to remember
  "It is in Giving that you Receive".

The Life Partner also observed that the Heart Energy Center of a person who places food into the Hands of a Needy Person – substantially increases in size.
It is for this reason He frequently recommended students with serious health issues, to personally place food into the Hands of Hungry or Needy People.
Feeding Hungry people personally - increases their Good Karma.

This is the Energy Center that will help us to generate Good Karma by maintaining Harmonious Relationship with other people.

Qualities:

- Loving Kindness
- Mercy
- Compassion

We are meant to draw abundance through the Root Chakra and send it out through the Heart Chakra.

- Extracted from *Angels and Companions in Spirit,* by Laeh M. Garfield, ©1955, Page 18

5. Solar Plexus Energy Center – Driving Force

The Power of the Lower Nature is frequently expressed through the "I" Energy Center. All of our Energy Centers need to be in proper balance.

… the Solar Plexus Chakra deals with personal and Self-Interest …

- Extracted from *The Raiment of Light: A Study of the Human Aura,* by David V. Tansley, ©1984, Page 60

Some of the Qualities of the Solar Plexus Energy Center and how it affects our ability to Materialize our Wishes are:

- Maintaining Positive Self Esteem
- Self Interest is needed for Success
- Maintaining Strong Belief you CAN get a job Done.

6. Navel Energy Center – Intuition and Instinct

The Navel Energy Center gives us a strong instinct in business.
This is the Energy Center where our Chi Energy is stored.

Activities which require a quick response rely upon and develop the Navel Chakra.

- Extracted from *Ignite Your Spirit: What Is Spirituality and How Do You Feel Great?* by Shakti Durga, ©2010, Page 103

Second Chakra (qi/below navel): The qi emanates from this Chakra.

- Extracted from *Natural Dog Care: A Complete Guide to Holistic Health Care,* by Celeste Yarnall, ©1998, Page 274

The Navel Chakra is a port of entry for forces which affect Human Consciousness.

-Extracted from *The Chakras,* by Charles W. Leadbeater, ©1927, Page 47

Some of the Qualities of the Navel Energy Center and how it affects our ability to Materialize our Wishes are:

- Instinct of Knowing
- Enhances our Reaction Time
- Influences the Sharpness of one's Mind –
- *(Sometimes this is called "Thinking with one's stomach")*
- The Navel Energy Center (together with the Basic Energy Center) is responsible for one's Instinct in Business

CHAPTER 5
THE LAW OF KARMA

The Law of Karma

The Law of Karma works in a very exact way …

The Law of Karma is very ancient.
Simply stated it says,

"What you Plant is what you will Harvest."

In ancient times people were not very well educated.
Their ability to understand abstract ideas was extremely limited.
Great Spiritual Teachers "stepped down" Spiritual Teachings to the Level they could understand.

The explanation for the concept of The Law of Karma was made very simple to learn.

Essentially - understanding The Law of Karma is easy.
When a person performs a Good Deed - they are entitled to receive something Good - in return for their Right Action.

Just as the Law of Gravity is not British *(because Sir Isaac Newton was English)* –
the Law of Karma does not belong to any one person, religion or group of people.
The Law of Karma is a Divine Universal Law - that affects Everyone.

On the other hand, if a person harms another person - or if they repeatedly Project Thoughts or Actions, or Anger and Hatred toward other people, or if they Plant Seeds of Negative Disharmony, Anguish and Inner Pain or Physical Pain – those Seeds will produce the precise result of that which has been Planted.

Our entire beautiful world is like a big "Workshop".
Each day we are forced to Exercise both Mental and Emotional Skills.

It is through our interactions in the physical world, through Manifesting our Dreams, our Goals and our Desires that One's Personality begins to become Disciplined.

At this stage a Practitioner begins to pay attention to the insistence of the Mental Direction of their slowly Strengthening Mental Body.

My former Life Partner Maha Atma Choa Kok Sui used to say, "A person can evolve faster within the family or within a community - where they are forced into daily action and interactions with other people - than by sitting alone on the top of the mountain.

On a mountaintop, One is confronted by the most basic requirements for food, shelter, insects and possible unknown dangers and/or physical discomforts.

But within a family or community we are pushed to Interact Everyday –
which translates into daily Practice.

Without challenges, without "problems", without the "need" – for food, shelter, Money and countless other life issues - the evolutionary process of a person is limited to a certain degree.

We may call these Skills the "Practice" of:

Patience, Tolerance, Flexibility, Tenacity and Belief.

When regularly put into Practice - the Development of these Skills or Qualities -
helps us to regulate our personalities.

For example, when something or someone displeases you – you may think:

It is my Emotions that are Upset.
But I am not my Emotional Reactions.

I am also not my Thoughts.
I may choose to Manage this Situation – or
I can choose to sink into it and allow my Emotions to be Unhappy.

Therefore, I choose to be Unaffected …
I choose to remain Balanced and Productive.

I am not my Emotions or my Emotional Reactions!

When used daily such Positive Thoughts can contribute to producing a strong Inner Core of Strength that eventually becomes unwavering.

Our Spiritual Teacher said it like this:

"The Law of Karma is like an Echo.
What you send out comes back to you many, many Times."

The Law of Karma may also be understood to be a Universal Concept that helps us understand the necessity of maintaining "Right Thoughts, Right Speech, Right Emotion and Right Actions."

The most fundamental thing a person needs to grasp is that:

"WE CANNOT HARVEST WHAT WE HAVE NOT PLANTED!"

Equally important to The Law of Karma is "The Golden Rule".
This "axiom" is also taught in all Major Traditions.

The "Yin Golden Rule" is expressed in the Christian Tradition as:

Do not do to another person
what you would not like them to do to you –
Either in the future - or in a future incarnation.

The "Yang Golden Rule" is expressed in the Judaic Tradition *(as in the 10 Commandments given by the Prophet Moses)* as,

"A person shall not kill –
A person shall not Steal" … etc.

During the Materialization process – a Practitioner also Develops Spiritual Qualities. These serve to provide a layer of protection from wrongdoing.

Layers of Protection are also developed.
This occurs through diligent Practice of The Virtues.

The Following Virtues are recommended to Practitioners of Materialization.

1. Loving Kindness and Non-Injury

"The practice of Loving Kindness begins with a basic commitment to Non-Injury. Non-Injury has a quality of respect for all life … It reminds us to be loving with everyone – including ourselves."

- Extracted from *Unattended Sorrow: Recovering from Loss and Reviving the Heart,* by Stephen Levine, ©2005, Page 116

Mahatma Gandhi says, "Consider Non-Violence to be a general rule of human relations. Man does not live by destroying."

- Extracted from *The Core of Gandhi's Philosophy,* by Unto Tahtinen, ©1979, Page 48

To practice Ahimsa is to be constantly vigilant, to observe ourselves in interaction with others and to notice (or be aware of) our Thoughts and Interactions.

- Extracted from *The Yoga Journal,* Nov – Dec 1998, Page 42

We are committing to cultivating Loving Kindness and learning ways to work for the wellbeing of people, animals, plants, and minerals. Ahimsa begins with the Energy of Tolerance and Loving Kindness, which will be expressed in gentle, compassionate, intelligent speech - that can move people's hearts.

- Extracted from *Interbeing: Fourteen Guidelines for Engaged Buddhism,* by Thich Nhat Hanh, ©1987, Page 49, 29

2. Generosity and Non-Stealing

We will practice Generosity by sharing our Time, Energy and Material Resources with those who are in need. We are determined not to steal and not to possess anything that should belong to others.

- Extracted from *Interbeing: Fourteen Guidelines for Engaged Buddhism,* by Thich Nhat Hanh, ©1987, Page 49

It is said, "Without the Practice of Generosity, one will have no Wealth.

- Extracted from *Jewel Ornament of Liberation: The Wish-Fulfilling Gem of the Noble Teachings,* Gampopa, ©1998, Page 184

3. Objectivity (Honesty) and Non Falsehood

Accurate Perception & Correct Expression

Accurate Perception … involves understanding and classification …

- Extracted from *The Method and Practice of Exposition,* by Thomas Rankin, ©1917, Page 184

The key is to begin with Accurate Perception, or what yogis call "Seeing What Is."

- Extracted from *Yoga as Medicine: The Yogic Prescription for Health and Healing – Yoga Journal,* by Timothey McCall, ©2007, Page 126

Before anyone can express his Thoughts correctly and fluently - there must be such an association of the Thought and its correct form of

Expression that the Thought will instantly suggest the correct form of expression …

- Extracted from *Moderator Topics, Volume 37,* School Books by Parcel Post, ©1916, Page 629

4. Constancy of Aim and Effort and Non Laziness

Contemplate diligently and ardently to destroy defilements, such as by practicing Right Intention, Non-Laziness, Exertion, Persistence, Patience, Diligence, Progress, Consistent Aspiration, Non-Neglect, continuing maintenance for Establishment of Effort, the Effort Faculty, for Effort Power and Right Effort, one of the factors of the Noble Eightfold Path.

- Extracted from *A Study Guide for Samatha Vipassana Meditation Based on the Five Meditation Techniques,* by Phra Nyanasangvara, ©2012, Page 104

Laziness is simply not caring enough to act.
Procrastination … creeps up on you slowly, drains you of Energy, and is difficult to get rid of if your resistance is low.

- Extracted from *Non-Manipulative Selling,* by Tony Alessandra, ©2012, Page 104

5. Moderation (Self-Mastery) and Non-Excessiveness

A reasonable person needs only to practice Moderation to find happiness

- Goethe

- Extracted from *Civilization's Quotations: Life's Ideal,* by Richard Alan Krieger, ©2002, Page 145

Moderation in "All things" is frequently urged upon us.
We are told not to indulge to excess in anything.

- Extracted from *Dr. Shelton's Hygienic Review,* by Herbert M. Shelton, ©1940, Page 264

The Practice of Virtues is connected with the Practice of Active Compassion in the Buddhist Tradition.

In the Hindu Tradition *(as taught by Maharishi Patanjali),* Practice of the Virtues is called Yama and Niyama.

As already stated earlier, "Our entire beautiful world is like a big Workshop.
Each day we are forced to Exercise both Mental and Emotional Skills!"

It is through our interactions in the physical world - through Manifesting our Dreams, our Goals and our Desires that One's Personality begins to become Refined and Disciplined.

This Author's Spiritual Teacher Maha Atma Choa Kok Sui called the Practice of the Virtues - "Character Building" (which draws our attention to another parallel Teaching shared by MACKS and Yogi Ramacharaka).

Is a Practitioner's Life governed by The Law of Karma or by Materialization?

Good Karma is increased through a Practitioner's regular Practice of the Virtues –
and Living Spiritual Teachings each day every day.
Each Practitioner enters into their present Incarnation with residual Karmic Debts from the past.

Practitioners may resist Karmic Lessons or they may meet Karmic Challenges with Diligent Positive Thinking – regardless of the circumstances they may face.

However, Practitioners should always remember that THEY CANNOT HARVEST WHAT THEY HAVE NOT PLANTED.

It is naïve to think when facing heavy Karmic Repercussions in one's life – that all of Life is guided by only one factor.

Karmic Conditions are easily identified through the Quantities of Life
that they represent.

Karmic Conditions include:

Serious painful Physical Illness
Repetitive occurrences of a Physical Illness Condition
Financial Crises not related to the Global Condition
Relationship Crises
The Loss of Beloved Ones
And many others

How a Practitioner handles the Karmic Situation they are confronting is one of the Critically Important issues to be understood. It is important not to generate further Karmic Backlash - through Wrong Thinking, Speaking or Actions.

This Author once was told a story about a gentleman who visited his elderly Aunt in a retirement center.

When he entered the building he was physically dismayed by unpleasant smells,
was struck by the starkness of the building and assaulted by its depressive atmosphere.

His Aunt was delighted to see him and she spoke about how happy she was to be in such a lovely environment.
She said that she had such wonderful day, such delicious food and that she had so much enjoyed looking out the window into the beautiful garden.

Given his experiences on entering the building the gentleman was relieved to hear that his Aunt was not at all miserable under the present circumstances.
He moved to the window to look outside and was shocked that there was no beautiful garden! Instead the window looked out onto a Brick Wall.

In contemplating this amazing situation … he realized that each of us may create an internal environment in which we wish to Live.

In other words – in life - WE MAY VIRTUALLY EXPERIENCE A GLASS OF WATER BEING HALF FULL OR HALF EMPTY.

After careful consideration in life - WHAT WE CHOOSE TO THINK –
WHERE WE CHOOSE TO FOCUS OUR ATTENTION – is entirely a matter of our choice!

CHAPTER 6
PURIFICATION

Purification

Deep Purification allows Energy to smoothly flow through our systems –
with Fewer obstructions.

In Materialization this is very important … because the Materialization process is faster.

Purification and The Law of Karma

Some Practitioners may become proficient at Materialization and may Manifest rapidly even without the development of their Spiritual Qualities.

However, when a Practitioner undertakes a Practice of certain Virtues in daily life – then their Energy System becomes smoother, as some of the rough aspects within their Personality are smoothed away.

Every small degree of greater Inner Purification allows the Process of Materialization to occur at an increasingly rapid rate. Many Practitioners notice that when any Thought is held in their Mind – even for a short time - it tends to Manifest.

When a Practitioner's Mind is clear - then their Thinking Process is like a clear pool of water. An observer can see the bottom of the pool and everything that exists within that space. This is analogous to being able to see everything in all directions.

This is the difference between looking out of a clean window and a dirty one.
A Practitioner's distorted perceptions are Reduced, and regular Practitioners can manifest *practically anything – nearly instantly*!

As soon as a Thought goes out - Manifestation occurs!
This is - due to the Expansion of their Consciousness - as a Soul -
Not just because a new objective has been Manifested.

One interesting and unconsidered aspect of Thought Power and Materialization, is that when an Advanced Practitioner thoughtfully considers not only the effect of the Materialization of their Objective – *they are also consciously aware of the outcome or repercussions of their objective being Materialized in the Physical World.*

Practitioners must be constantly aware not only of the Cause – but also of the Effect.

The Use of Money

The Law of Karma and the Virtues are closely connected to Money, to our Use of Money and to our Ability to Increase the amount of Money we currently have.
Likewise our actions regarding how we get Money, how we Think about Money and how we Use Money - are also closely linked to the Law of Karma.

The Life Partner of this Author used to say that,

"When you have Good Karma –
Money runs after you."

One would think that when Money is removed from ones wallet, that the Energy of that wallet would be reduced. Actually what really happens when one has pure intention – meaning that Money is wisely donated for a good cause - it has been observed that the Energy of the Practitioner's wallet actually increases - rather then decreasing!

The following Exercise requires a person to "Feel Energy" with their Hands.
This is a very simple process*[*].

Let's do an Exercise:

1. Increase the Responsiveness of your Hands.
2. Now, Feel the Energy of your wallet.
3. Your wallet is connected to the Energy of your Basic Energy Center.
4. Now, Remove some Money from your wallet.
   Mentally say,
   I am going to give this Amount ____
   (think of a worthy place to give the Money).

5. Then again, Feel the Energy of your wallet.
   Now, Feel the Energy of your Basic Energy Center.
   Did it remain the same or did it change?
6. If you want to continue this experiment you may decide to "change your Mind". Say,

   I am not going to give this Money away …
   I need this Money!
   I am going to keep this Money for myself!
   I will buy something that I want for myself!

7. Now, Feel the Energy of your wallet and the Energy of your Basic Energy Center.

[*] Please go to Appendix M - How to Feel Subtle Energy.

Is there a difference?

8. If you do not receive the result you wish to Manifest …
   you may repeat this Exercise.

   After setting the Money aside – you may Increase the Energy of your wallet and of your Basic Energy Center to an even greater size –
   by repeating a short Decree:

I decree that the Good Karma
Generated by this Tithing will come back to me & my family
many, many times

That it will come back to me and my family
Spiritually, Materially, Financially and in the Form of Good Health
and it will also be used to neutralize my Negative Karma

I willingly & gratefully accept the Blessings of
Material Abundance and Prosperity …
Fully, Completely and Permanently
Now! Now! Now!
With Thanks and in Full Faith
We Thank You!

When you give Money, please remember that it is very important
to NEVER REVEAL - how much - or where you have donated the Money.

Eliminate Negative Qualities from your Energy Centers

Step One: Purification

This Author's Life Partner explained that from His viewpoint the term Kriya Shakti – when broken down means: "Kriya" or Purification and "Shakti" or Power.
Therefore, we would say one meaning of "Kriya Shakti" is
"Power through Purification".

What does this really mean in modern terms?
A Practitioners Energy System is not polluted with excessive Negative Thinking.
The Practitioner's life is not polluted by inappropriate Lifestyle.

When Practitioners Practice "Purification"* and their Energy Field becomes cleaner - they will rapidly experience an exponential Increase in Energy.

When recognized – that the State of Purification allows a Practitioner to increase their Internal Power – it can be understood the Practitioner will more rapidly Manifest their Goals.

We will do a series of simple Exercises. This will assist us to remember the important Influence of this Energy Center and how the Energy Centers affect our ability to Materialize.

1. Touch your <u>BASIC</u> Energy Center*

Touch your Basic Energy Center with the Fingers of your left Hand.

Say:

"I AM ENTITLED TO BE RICH!
I AM ENTITLED TO HAVE Millions & Millions of

_____

(state the currency of your choice. Don't forget sometimes "currency" comes in the form of Gold, Silver, Salt or even Water)

I DO GO GOOD THINGS WITH MONEY NOW &
I can become a Better person about Handling Money …

I WILL CONTINUE TO DO GOOD THINGS
WITH MONEY IN THE FUTURE!
SO BE IT!
WITH THANKS & IN FULL FAITH!
SO BE IT!!!"

Every time a person has even one Negative Thought about Success, Money, Prosperity or *about their ability to Materialize something* - this affects the Ajna Energy Center.
Negative Attitudes or Perceptions should be consciously corrected by performing the following exercise:

Each time you have a Negative Thought about your Ability to Materialize something – Erase it Immediately!

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* What is "Purification"?

· Basis Energy Center: With the pads of the fingers of your left Hand, simply touch the Base of the Spine

2. Touch your AJNA Energy Center*

Touch your Ajna Energy Center with the Fingers of your left Hand.
Raise your right Hand and See it as an Eraser.
As you say the Words – Erase these Qualities from your Consciousness.

Say:

"I ERASE
ALL POVERTY CONSCIOUSNESS
FROM MY MEMORY!
I ERASE ALL THOUGHTS
OF IMPOSSIBILITY FROM MY CONSCIOUSNESS.
NOW! NOW! NOW!!!
SO BE IT!"

Continue Erasing until All Thoughts of Impossibility or All Poverty Consciousness is extracted from your system.

Say:

With Thanks and in Full Faith!

We have Noticed that when people Erase their Negative Thoughts and Ideas from their Ajna Energy Center, sometimes even their eyesight improves! Sometimes people actually seem to see more clearly.

The Throat Energy Center is connected with Thoroughness in handling details.
We will now Cleanse the Throat Energy Center.

3. Touch your THROAT Energy Center*

Touch your Throat Energy Center with the Fingers of the left Hand.
Then, touch your Ajna Energy Center with the Fingers of the left Hand.
Raise your right Hand and see it as an Eraser.

Say:

"I ERASE
ALL NEGATIVE OBSTRUCTING
THOUGHT FORMS THAT PREVENT ME FROM
MATERIALIZING MY GOALS

* Ajna Energy Center: With the pads of the fingers of your left Hand, simply touch the Area between your Eye brows

* Throat Energy Center: With the pads of the fingers of your left Hand, simply touch the Middle of your Throat Area

AND ALL THOUGHTS OF MY OWN –
OR THOSE PROJECTED TO ME BY OTHERS –
THAT PREVENT ME FROM BECOMING
VERY, VERY PROSPEROUS & SUCCESSFUL!!!
NOW! NOW! NOW!!!
SO BE IT!

Continue Erasing until All of these Negative Obstructing Thought Forms are extracted from your system.

Say:
With Thanks and in Full Faith!

4. Touch your <u>HEART</u> Energy Center*

Touch your Heart Energy Center with the fingers of your left Hand.
Then, touch your Ajna Energy Center with the fingers of the left Hand.
Raise your right Hand and see it as an Eraser.

Say:
"I ERASE … I DISINTEGRATE
ALL NEGATIVE ATTITUDES & EMOTIONS
THAT PREVENT ME FROM BECOMING
VERY, VERY PROSPEROUS & SUCCESSFUL!
OR SLOW DOWN MY MATERIALIZATION
FROM MANIFESTING VERY FAST.
I ERASE ALL NEGATIVE ATTITUDES AND EMOTIONS
THAT PREVENT ME FROM BECOMING
VERY SUCCESSFUL AND PROSPEROUS!
NOW! NOW! NOW!!!
SO BE IT!!!

Continue Erasing until All of these Negative Attitudes and Emotions are extracted from your system.

Say:
With Thanks and in Full Faith!

* Heart Energy Center: With the pads of the fingers of your left Hand, simply touch the Middle of your Chest
* Solar Plexus Energy Center: With the pads of the fingers of your left Hand, simply touch the Stomach Area

Let us do a simple Exercise to assist to recall the important Influence of this Energy Center.

5. Touch your <u>SOLAR PLEXUS</u> Energy Center.

Touch your Solar Plexus Energy Center with the fingers of the left Hand.
Then, touch your Ajna Energy Center with the fingers of the left Hand.
Raise your right Hand and see it as an Eraser.

Say:

"**I ERASE … I DISINTEGRATE**
ALL INNER OBSTACLES TO MY MATERIALIZATIONS
MANIFESTING VERY FAST!
"**I ERASE … I DISINTEGRATE ALL INNER OBSTACLES**
TO MY BECOMING VERY, VERY RICH!
NOW! NOW! NOW!!!
SO BE IT!!!

Continue Erasing until All Inner Obstacles are extracted from your system.

Say:

With Thanks and in Full Faith!

Let us do another simple Exercise to assist us to recall the important Influence of this Energy Center.

6. Touch your <u>NAVEL</u> Energy Center*

Touch your Navel Energy Center with the fingers of the left Hand.
Touch your Ajna Energy Center with the fingers of the left Hand.
Raise your right Hand and see it as an Eraser.

Say:

"**I ERASE … I DISINTEGRATE**
ALL NEGATIVE PROGRAMS THAT PREVENT MY
MATERIALIZATION FROM MANIFESTING **PERFECTLY**!
I ERASE ALL NEGATIVE PROGRAMS – BOTH FROM WITHIN ME OR
PROJECTED INTO MY CONSCIOUSNESS BY OTHERS
THAT PREVENT ME FROM BECOMING VERY, VERY RICH
THAT PREVENT ME FROM MATERIALIZING
MY DREAMS, MY GOALS & MY DESIRES
THAT PREVENT ME FROM HAVING
MILLIONS & MILLIONS OF EUROS
(Rupees, Dollars or Swiss Francs)

* Navel Energy Center: With the pads of the fingers of your left Hand, simply touch your Navel

NOW NOW NOW!!!
SO BE IT!!!

Continue Erasing until All of these Negative Programs are extracted from your system.

Say:

With Thanks and in Full Faith!

Move your Body.
Allow all of these old Negative Energies
and Programs to be fully Released
from your Mind and from your Energy System.

Take a deep Breath and consider how you are feeling.
Have a certain number of Negative Attitudes, Negative Inner Perceptions been extracted and removed from your system?
If you would do this exercise each week, consider how your life would change.

What is Reversing?

Write your goals down for enhanced visibility.
That which is seen tends to Manifest more quickly then the unseen.

- Extracted from *Abundance for Beginners*, by Ellen Peterson, ©2007, Page 90

One common method of Purification is called "Reversing" …
This Author has been using "The Reversing Technique" since 1974.

This Technique - which I first learned from my Teacher Grace, is commonly used in various traditions.

Instead of shoving unresolved issues to the side, use this simple Procedure to help you to rapidly resolve obstacles and issues. Be Free!

Active Imagination … We need to do that almost constantly!
Like imagining a black board and erasing the negative Thoughts rather than getting angry.

-Extracted from *Yoga Journal*, Feb. 1983,
Interview of Gerald G. Jampolsky, Page 28

The Mind is "All Powerful" and is constantly Creating.
By using this Procedure for a short period of time – Physical, Emotional and Mental Pain, Tension and Distress are Removed and Rapidly Released.

The Reversing Technique

Visualize a white screen (like a movie screen) six feet in front of you.

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, ©1985, Page 83

Let's do this Exercise together.

1. Please, be seated. Uncross your arms and your legs.
2. Close your Eyes.
3. Recall your day yesterday.
   What happened yesterday?
   Were there unpleasant incidents or situations?
   Do you remember any Negative Thing that happened?
4. Visualize a particular unpleasant Event.
5. Now please Project the unpleasant incident onto a *(Imagined)* White Screen.
6. Focus your attention on the top of your Head.
7. Imagine Brilliant Electric Violet Energy coming out of your Hand.
8. Imagine you are Erasing the unpleasant Event.
9. Erase the Mental Image on the Screen.
10. Mentally See the Picture of the Event fading.
11. Can you see the Outline still on the Screen?
12. Now, Mentally replace the unpleasant Incident with a happy ending or "Reverse" the Condition.
13. Please open your Eyes.

- Extracted and Modified from the Personal Notes of Charlotte Anderson

Spend as much time as possible staring at a piece of "white paper" on the movie screen of your Mind.

- Extracted from *Burn the Blubber: How to Lose Belly Fat Fast*, by Robert Dave Johnston, ©2014

Another form of the Reversing Techniques is to "Erase" certain Thoughts and Qualities from our Consciousness. The Process is simple.

When we wish to Purify or Clarify our Minds we may do so by Increasing the Power of the Basic Energy Center. This will increase our ability to Direct Energy toward Manifesting our Objectives, Goals and Dreams.

CHAPTER 7
METHODS OF MATERIALIZATION

Attracting Prosperity through Giving and Sharing

We need to know how to attract Prosperity Energy to us.
This is done through Giving and Sharing.

When we allow other people to make Money, then we will make more Money.*
This means that when we sell an item, if the person buying the item continues to make Money - we will feel Happy.
We will not say, " Ah" If I held on longer – I would have made a lot more!"

When you sell something you need to make sure that the other person will make Money.
When the other person makes Money, feel happy and say,

"I am so Glad that you made lots of Money."

Just be careful – that when you start making Money and your earnings go up, up, up!
Be certain that your spending does not also go up, up, up!

Regulate your spending!

Remember to Save and Invest a portion of the Money you make.

One of the Fundamental Business Principles of our Beloved Guruji – was that Every person within a business deal – should make money …

The Emotion of Happiness – Enhances Vital Life Force

An Emotional Reaction of Happiness is a catalyst - which activates the Vital Dynamic Life Force within us.

It is this Vital Dynamic Life Force that is the Root of Passion in our lives.
It is this Passion, which keeps us young, that helps us to look for and find new Creative Solutions. Our Guruji was a genius at finding Creative Solutions …

It is our PASSION - that connects us with the Divine Dynamic Life Force of the Universe itself.

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* *Editor's Note: In this example, the Author refers to Business Transactions such as selling stocks, selling wholesale. This indicates that the buyer can make money when reselling what was bought.*

But, this does not mean that our Passions should be unregulated.
But it does mean that Passion in our lives needs to be activated!
How do we do this?

We need to begin to LIVE LIFE INTENSELY - to be constantly filled with an abundant Supply of Life Energy.

How to Generate Good Karma

It is possible to generate Good Karma including Prosperity Karma.
Abundance in our lives is directly connected to the Law of Karma.

It is easy for people in the modern world to discount these Ancient Concepts.
However, nearly every Religion and Philosophy gives us this advice over and over again.

If you look at the richest people in the world it is normal to observe that they Practice Donating or Giving to less fortunate people very regularly.
In other words, we may generate Prosperity Karma through giving wisely to others.

This was also a core teaching of St Francis of Assisi, who said:

"It is in Giving that you will Receive."

Before beginning to Practice Techniques of Materialization it is important for Practitioners to be constantly aware of the Law of Karma.

The generation of Good Karma also means that after we pay the Taxes on the Money we earn, then we give a small percentage (10%) of our income for spiritual or charitable purposes.

Next we should begin to "Save and Invest" 20-30% of the Money - earned every month.

At this point Students in our classes activate their customary Negative Response –
and their Thinking can Be Clearly "Heard" as an expression of their fears.

Their Thought Patterns follow a predictable form of so much mental racket!

It goes like this:

Am I hearing: 20-30% ???
I can hardly pay for _____

- this book
- for my rent
- for my car
- for my children's expensive education

These Negative Mental Lists are only more Endless - than the Practitioner's Internal Resistance to following this advice!

Please observe the reaction of your Mind to the following statements:
Is your Mind saying:

"Oh I could never to that!
Or I don't have enough of Money as it is!
I am reading this book to figure out how to make enough of Money.
I am reading this book so that I will understand how
to Manifest a Successful project.
But you are talking about saving 20-30% of my income –
How could I save so much Money?"

PLEASE STOP THIS KIND OF THINKING NOW!

Observe how the Law of Karma affects each of us. And remember, no one is exempt from the Law of Karma – or the Law of Cause and Effect.
Observe how one's Negative Thinking is affecting the flow of Money into their lives.
Think of a person – in whose life this is a prevalent factor.

Sometimes we have a latent fear that there will not be enough Money, or that we will not make enough of Money, or that we will be left without Money.
Where do these fears come from?

The Negative Thoughts – that hold us a Prisoner within their clutches - may originate from the input of our parents, grandparents, from the input of media sources like the newspaper and television, from our good friends or from other sources.

These perceptions are planted like seeds into our Minds.
All of this rampant Negativity needs to be extracted - so that we are free to partake of the Incredible Boundless Abundance in this world.

Everything we need is in the world.
And Each person is entitled to Harvest from this Great Bounty.

The Teacher was right.
When you have Good Karma Money does run after you.
But please remember to observe Business Principles that are FAIR.

This is also true in the Taoist Tradition it states:

"Everyone must win!
Everyone must make Money!

This Technique has been taught by many Authors – and called by many names.

Materialization Board

Make a Manifestation Board to aid in bringing your Desires to you. The Manifestation Board is your own personal collage of the things that you need or want in your life, and is used as you practice the Law of Attraction to Manifest things.

- Extracted from *Your Psychic Self,* by Melissa Alvarez, ©2013, Page 37

How to use an Attraction Board

Make or Purchase a Cork Board or a Bulletin Board with a Red or Golden Frame around it.

Whatever you want find and cut out a Great Photo of your Dream come true ____!
Stick the photo onto your Board!
Look at it everyday!

This is one very easy way to Attract your Dreams, your Wishes and your Goals to you.

This is one powerful time to be reminded that if you want a Red Rolls Royce – don't put a photo of a Blue VW there …

Make the images match to your ideal image as closely as possible.

- Extracted from the Personal Notes of Charlotte Anderson

The Vision Board

You can also write down your favorite positive Affirmations and post them on your Vision Board.

-Extracted from *Manifest Anything in 30 Days,* by Vickie Emanuele, ©2013, Page 87

A Vision Board is a collage of Images, motivational Sayings, Pictures, Cut-Outs from Magazines or print outs and Affirmations of your Dreams and Desires in life. It is what you want to Manifest in your life.

- Extracted from *Think and Be Successful,* by K.T. Bolar, ©2014, Page 26

Visual Aid:

> *You can put your visuals on your bulleting board at work, on your fridge, or on a special wall in your den – anywhere that you will definitely see them during the day.*
>
> - Extracted from *Law of Attraction Handbook,* by Aiman A. Al-Maimani, ©2008, Page 16

Creative Visualization

Visualization is a Form of Intention.
It is:

- visual
- audio
- tactile

It is advisable to supplement Materialization through Written Words with Creative Visualization.

In simple cases use Intention.
In complex cases use Divine Energy *(as when using "Rituals").*

Formula for Advanced Creative Visualization

> *Visualization enables you to close your eyes and see what your desires look like prior to their physical Manifestation,*
>
> - Extracted from *Abundance for Beginners*, by Ellen Peterson, ©2007, Page 90

The Form-Building Aspect (*Clarity of Intention).*

1. Write down your objective
   Write down your Visualization, Wish or Desire
2. Please note the date
3. Face North
4. Do Invocation*
5. Now in your Minds eye Visualize your Wish
   Create a Literal Mental Picture, a Vision or Symbol –

* Read about Invocation in Appendix G

representing your Dreams, your Goal or your Desire
6. Smile
7. Recall or Think of a Happy Event or a Successful Event

> *I visualized myself everyday flipping through my wallet and seeing hundred dollar bills.*
>
> - Extracted from *Personal Success Comes When You Least Expect It,* by Hanson So, ©2009, Page 22

8. Continue Smiling – Don't Stop!
9. Do Yogic Breathing (6-3 6-3)*
10. Feel and Assess* your Basic Energy Center
11. Use the Materialization Mudra*
12. Visualize, Decree, Affirm or make your wish *(Move your lips)*
13. Scan or Feel your wish to see how strong your Visualization or Wish is becoming
14. Keep smiling
15. Continue doing Yogic Breathing
16. Periodically Check – Re-Scan your Wish to see how strong your Visualization or Wish is becoming
17. Smile and Bless your Visualization
18. While Blessing, periodically continue to do Yogic Breathing
    Don't stop smiling
19. Rescan the Visualization and continue Blessing
20. Rescan your Visualization. Is it strong?
21. Secure the Energy in your Visualization
22. Release the Visualization from your Consciousness … Cut! Cut! Cut!

Protective Procedure

23. "As my Heart desires, my Visualization or Wish will be Granted!
    Let this Materialize so Fast and so Perfectly
24. Give Thanks. *Say*:

> *"Thank You for Granting my Visualization or Wishes*
> *With Thanks and in Full Faith – So Be It!"*

25. Open your eyes with a Big, Big Smile!

> *Visualization means mentally seeing the things that you wish to have. When you mentally see the things you desire – and see them*

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* Please see Appendix L

* To understand how to Feel and Assess an Energy Center, please go to Appendix G

* How to use the Materialization Mudra, please go to Page 72

clearly – you are presenting Universal Mind with images of Thought; and, like the creative soil of the round, It at once tends to project them into form.

- Extracted from *The Sciences of Mind: The Definitive Edition,* by Ernest Holmes, ©1938, Page 644

Letting Go

It is important for Practitioners *to not become attached* to their Thought Forms.

From the viewpoint of a Practitioner - releasing a Thought Form into the World is like delivering a baby.

The umbilical cord connecting the Child and the Mother must be cut – so that the "Baby Thought Form" can go out into the World - to do its job – which is to produce the desired result.

"Letting Go" of a Thought Form is like delivering a baby.
Practitioners must always remember to release the cord between their Etheric Body and the Thought Form. The Cord of the Connection to your Thought Form must be cut – so that it can go out into the world.
Always remember to "Release the Cord"

In psychic lingo, we call other people's request for attention "Cords" … Cords are passed back and forth between people's Chakras constantly, without the people being aware of it …

- Extracted from *The Psychic Healing Book,* by Amy Wallace and Bill Henkin, ©1987, Page 79

The stronger the connection is between two people … the stronger and greater the number these Cords there will be. Sucking Energy from those around in order to fill the person's own field … one can Feel this form of sucking … that is exhausting to the recipient …

- Extracted from *Hands of Light,* by Barbara Ann Brennan, ©1978, Page 75

How to "Cut" Energy Links

Enslaving Energy Links between people can be very harmful.
By Cutting the Links on a regular basis - to all of the various Energy Centers and Doing some Kriya Shakti to have a complete harmonious release.

1. Invoke for Divine Blessings

We Invoke for you to Disconnect, De-link & Completely & Permanently
RELEASE All Unauthorized Connections,
All Illegal Connections from All Areas of my Physical & Subtle Bodies!!
Let all of the Roots from these Connections
Be Dislodged, Removed, Extracted & Pulled Out,
Completely & Permanently!! Now! Now! Now!
Let all of these Unauthorized & Illegal Connections be
Eradicated from my System NOW! NOW! NOW!!!
Let my Physical & Subtle Bodies be Fully & Completely
Freed of all Wrongfully Projected Energies
Now! Now! Now! So Be It!!!

2. Now Raise your Hand.
3. Visualize you are holding a Consecrated Knife in your Hand.
4. Imagine the Unauthorized Energy Links connecting to your Energy Centers on the front side of the body.

(Mostly located in the middle of the body along the Front Energy Channel or Meridian of the Body)

5. Move your hand down forcefully – in a Cutting Motion –
   Do this Three times
6. While cutting, simultaneously say, "Cut! Cut! Cut!"
7. Now, move your Hand to the left side of the body – where your Front Spleen Energy Center is located
8. Visualize any Unauthorized Energy Link connecting to your Spleen Energy Center
9. Again Raise your hand in a Cutting Motion – Move it down forcefully three times … Saying, "Cut Cut Cut!"
10. Now, Imagine the Unauthorized Energy Links Connecting to your Energy Centers at the back side of your body

(Remember they are mostly located at the Back of the Body – Along the Energy Channel or Meridian at the Back of the Body)

11. Move your hand down forcefully three times in a Cutting Motion – while Simultaneously saying, "Cut! Cut! Cut!"
12. Now, move your Hand to the Back Spleen Energy Center, Located on the left side of your body.
13. Visualize any Unauthorized Energy Links connecting to your Back Spleen Energy Center
14. Raise your Hand – move it down forcefully three times & Simultaneously say, "Cut! Cut! Cut!"

15. Imagine your entire Energy Field Front & Back …
16. Visualize the Unauthorized Energy Links connecting to your Energy Field
17. Raise your Hand – move from top to bottom – downward forcefully three times and Simultaneously say, "Cut! Cut! Cut!"
18. Now, Imagine your Astral Body Front & Back …
19. Visualize the Unauthorized Energy links connecting to your Astral Body
20. Raise your Hand in a Cutting Motion - & move it down forcefully three times, while Simultaneously saying, "Cut! Cut! Cut!"
21. Now Imagine your Mental Body Front & Back
22. Visualize the Unauthorized Energy Links connecting to your Mental Body
23. Raise your Hand in a Cutting Motion - & move it down forcefully three times, while Simultaneously saying, "Cut! Cut! Cut!"
24. Give Thanks

To the Supreme God,
To Mahaguruji Mei Ling
To the Maha Atma of our Spiritual Teacher
To all the Great, Great Ones,
Holy Gurus, Holy Masters, Saints
Archangels, Holy Angels & Spiritual Helpers
Thank You for Your Great, Great Blessings,
Thank You for the Blessings of Releasing me from All
Unauthorized Connections, & All Illegal Connections
To my Physical & Subtle Bodies!!
Thank You for Releasing me from All Negative Energies
Projected toward me Physically, Etherically, Emotionally,
Mentally & Spiritually!!!
Thank You for Your Priceless Blessings of Protection from All Harm & Danger
With Thanks & in Full Faith we Thank You!
So Be It!!!

- Extracted from *The Ultimate Presentation on Energetic Defense,* by Charlotte Anderson, ©2012

CHAPTER 8
THE WRITTEN WORD

Form and Energy

How many of you are acquainted with the Taoist concept of Yin and Yang?
Yin is the female principle.
Yang is the male principle.

The woman is the means through which a baby comes out into the World.
Therefore, the woman is equivalent to the Form Aspect.

The man provides the seed or the sperm which when united with the woman's egg cell eventually produces a fetus.
Therefore, the man represents the Energy Aspect.

The microphone and speaker system are the Yin or the Form Aspect.
The electricity is the Yang or the Energy Aspect.

Yin cannot be productive without yang.
Yin Energy is needed to be creative.

A powerful Thought Form is composed of:

- The Form Aspect
- The Energy Aspect

One regards everything as consciousness ignoring the essentiality of Form as conditioning Consciousness making it possible.

> *The other regards everything as Form ignoring the fact that Form can only exist by Virtue of the life ensouling it.*
>
> - Extracted from *Thought Power, Its Control and Culture,* by Annie W. Besant, ©1908, Page 9

- The Form Aspect equals Clarity of Intention.
- The Energy Aspect equals Subtle Energy or Prana.

Having Clarity of Intention means that you possess a Clear Sharp Mind.

- *Extracted from the Personal Notes of Charlotte Anderson*

In the last years of our relationship Maha Atma Choa Kok Sui and this Author began regularly practicing Kriya Shakti together.

I would write the Kriya Shakti and He would Bless it.

We were very Successful in the Application of this simple Technology - using Form and Energy - to receive Positive Results within the Spiritual Community which He led.

After He passed from the body, certain people in this Community tried to counteract the Kriya Shakti's which were written during this period.

Rapidly I learned that it is not always necessary to apply Written Technology to receive a Positive Outcome.

There is a Story of Buddha's Enlightenment:

> *As the about-to-be Buddha, Siddhartha Gautama sat in Meditation,*
> *Mara brought his most beautiful daughters to seduce Siddhartha.*
>
> *Siddhartha, however, remained in Meditation.*
>
> *Then Mara sent vast armies of monsters to attack him.*
> *Yet Siddhartha sat still and untouched.*
>
> *Mara claimed that the seat of Enlightenment rightfully belonged to him and not to the mortal Siddhartha. Mara's monstrous soldiers cried out together, "I am his Witness!"*
>
> *Mara challenged Siddhartha, "Who will speak for you?"*
>
> *Then Siddhartha reached out his right hand to Touch the Earth,*
> *and the Earth itself spoke: "I bear you Witness!"*
>
> *Mara disappeared. And as the morning star rose in the sky,*
> *Siddhartha Gautama realized Enlightenment and became a Buddha.*
>
> \- Extracted from *http://buddhism.about.com*

The End Result

An important factor is to maintain Clarity of Mind - expressed through Right Thought, Right Speech, Right Emotion and Right Action.

What all of us can do is to make an effort to think Properly.
If we cannot formulate our Thoughts Properly –
we will not be able to Manifest anything Properly!

When we think Properly - we may regularly Manifest properly.
This means nearly everyone can learn to Manifest nearly anything!

Our Thinking is a very important part.
What we need to have – is Clarity!
When we do not know precisely what we want - then it is very difficult for something to manifest - because *what we want* must be precisely Defined!
Our Intention needs to be Crystal Clear!

The second important factor is to learn to be extremely one pointed in Focusing completely on the "End Result".

This concept was taught by Grace – and one of the factors that allows for rapid Spiritual Development.

It is the absolute lack of allowing distractions – such as negative thinking, fears, worries, or concerns to overtake our mental processes.

All of this must be immediately extracted – disintegrated and or removed completely. This brings the Mind into a sharper focus – that drives the Energy into Manifestation of the Objective.

> *The physical act of writing down your vision greatly increases your Powers of Manifestation compared to merely keeping things in your Mind.*
> *It brings your Thoughts into focus and formalizes your intention.*
>
> - Extracted and Modified from *Golden Keys to Ascension and Healing,* by Joshua David Stone, PhD, ©1998, Key 189

The Written Word

Words are Vibrations!
Use them properly!

How did you prepare yourself in the last months for this Moment?
If we perceive that something looks Negative at this present moment –
at a later time - we may update our perception so that it is actually positive.

Exercise on the Written Word

1. You need to Feel & Fill yourself with Enthusiasm – with Strong Positive Emotion. So choose a *Magic Phrase* - to put you into an emotionally Positive State.

   For Example:
   I am Happy … or I Feel Fantastic, … I Feel Alive!

   Repeat the chosen *Magic Phrase* 3 times.

   > *The entire System of Magic is based solely upon Formulating and Writing down a Goal. The Power of the Written Word should never be underestimated.*
   >
   > - Extracted from *Practical Solitary Magic,* by Nancy B. Watson, ©1996, Page 30

2. When you begin writing your Goal, use an Emotionally Charged word!
   Just as when you use your "Magic Phrase" over and over again - when you use your *Magic Word* over and over again – it will trigger an Emotionally Positive Response in you!

   When you always use the same *Magic Word* – your Mind and Emotions shift to the Idea that – *Anything is Possible*!

   Examples of "Magic Words" are:

   So Glad …
   So Happy …
   So Grateful …
   So Fantastic …
   So Super … etc.

3. To create Certainty of Belief – Begin by remembering a Happy Occasion or Event in your life.

When you recall the Happy Occasion it will fill you with Self-Confidence, with a Sense of Victory, with a Sense that you can accomplish your Goal – you will more than likely reach your Target.

4. Using the same word over and over again – helps to create "Certainty" or "Belief" when multiple efforts to Materialization are Successful.

5. *Complete the Energy Circuit.*

6. You may Strengthen your Thought Form and Increase the Life Span of your Thought Form through *Rhythmic Yogic Breathing.*
   (Please Practice the Exercise on Yogic Breathing in Appendix L)

7. Use the *Shuni Mudra*[*]
   Connect your Middle Finger to your Thumb.
   Place the Middle Finger against the Tip of your Thumb.
   Now, turn your hand over - facing down toward the floor.

8. When Practicing Materialization – *Face North*!
   Facing North will increase the Energy of your lower Energy Centers!
   You can draw up Earth Energy into the body through your Basic Energy Center.

9. *Prayer* and *Invocation* are the Keys - that "Open the Channel" –
   for your Goal to Manifest!

10. The Form Aspect of Materialization equals *Clarity of Intention.*

11. The Energy Aspect of Materialization equals Subtle Energy.

12. Having Clarity of Intention - means that you possess a Clear Sharp Mind.

13. You must be FILLED WITH STRONG POSITIVE EMOTION!
    There must be *Certainty of Belief.*
    You must have Full Faith!

14. Begin by Focusing On and Writing Down the "End Result"*.

15. Please use the tense you are comfortable using.
    Future Tense – something will happen
    Present Tense – Have - something is in the process of happening

---

[*] Image of the Shuni Mudra in Public Domain
More Information at: http://wwwheartlikeawheel.blogspot.co.at/2012/03/give-her-hand-spinning-and-mudras.html

* Concept taught by Grace

Past Tense - Got – the thing was already manifested - where physically or only within the written Kriya Shakti

For Example:

- So Happy, I am practicing Materialization Everyday!
- So Happy, I will practice Materialization Everyday!
- So Happy, I practiced Materialization Everyday!

16. Do not specify how your Thought Form should Do the Job!

17. You may write your Wish four (4) Times.
For Example:

- So Happy, I am practicing Materialization Everyday!
- So Happy, I am practicing Materialization Everyday!
- So Happy, I am practicing Materialization Everyday!
- So Happy, I am practicing Materialization Everyday!

It is also important that you make use of a
"Generic" Safety Clause: such as: …
& may it be for my Highest Good and Greatest Joy!

Be specific with the Written Goal. Safety Clause Included!!

- Extracted from *Practical Solitary Magic,*
by Nancy B. Watson, ©1996, Page 29

18. After writing down your Wish … - Always add a *Safety Clause.*

The *Safety Clause* helps to protect you from desires that are not good for you. Always End each wish you write with:

a. So Happy my wish Materialized - so Fast and So Perfectly! OR –
b. So Happy Everything worked out so Rapidly and Properly!

19. Examples:

- So Happy, I am practicing Materialization Everyday!
- So Happy, I am practicing Materialization Everyday!
- So Happy, I am practicing Materialization Everyday!
- So Happy, I am practicing Materialization Everyday!

So happy Everything Worked Out - So Fast and So Perfectly!

20. Always Give Thanks for the Divine Grace received in your wishes being fulfilled!
We can never be Grateful enough to God and Guru for the
Great, Great Blessings in our lives.

The Steps in Materialization

1. Use your Magic Phrase
2. Use your Magic Word
3. Recall a Happy Event
4. Complete your Energy Circuit
5. Do Yogic Breathing
6. Use the Materialization Mudra
7. Face North
8. Invoke
9. Use Clarity of Intention
10. Have Certainty of Belief
11. Go to the End Result
12. Use the Safety Clause
13. Give Thanks

- *Extracted from the personal Notes of Charlotte Anderson*

Use Yellow Paper and Red Ink

Does the paper and pen you use make any difference when you are writing your Materializations?

Please use:

- yellow paper
- red pen with ink that flows

> *... weekly, monthly, yearly and Life Targets … Write them in red ink and include the date by which you want to accomplish them … Red expedites the Manifestation Process, so use it as much as possible*
>
> - Extracted from *Feng Shui Your Life,* by Jayme Barrett ©2003, Page 250

> *Trigger the promised positive result by using Red Ink.*
>
> - Extracted from *Make Yourself A Money Magnet,* by Ellen Whitehurst, ©2012, Page 19

> *The paper can be as small as a post it note or A4 in size … it was suggested to me it was best to use yellow paper and a red pen.*
>
> - Extracted from *http://balancedheart.com.au/tag/angels/ 15 June 2015*

This is using the secret of colored Energy!

Why use the red pen?
Red is for maximum growth!

Why use a yellow paper?
Yellow is for strengthening!

- *Extracted from the personal Notes of Charlotte Anderson*

CHAPTER 9
MATERIALIZATION FOR BUSINESS

Create Targets

In One Gatorade Commercial it said,

"It is not where you are from –
it's where you are going.
It's not what you Drive
It's what Drives you."

In other words,

"It is not where we are not Right Now,
It's Where we want To Go!

You must know how to go step by step.

It is necessary for Practitioners to be realistic.
Immediately - all Practitioners of Materialization Techniques should start Planting the Right Seeds.

Each person needs to have a Vision for their life.
Each of us needs to have a purpose in our lives.
We should begin to set up Targets to guide our lives –
so that we may move systematically – step by step.

Create a:

- Financial Target
- Relationship or Family Target
- Physical Fitness Target
- Business Target
- Spiritual Target

Consider where you are right now!
Think! Where do you want to be?
How much do you want to have?
Who will you share it with?
You need to have a strong bond between you and your family, between you and your spouse and/or partner.

Project:

- A 5-year Target
- A 10-year Target
- A 15-year Target
- A 20-year Target

Many Aspects of Business or Personal Life can provide opportunities for Goal Creation. For example:

- *Profitability*
- *Self-Improvement*

These are Personal Goals that you may want to accomplish in one year, two years, or five years from now. Setting Intermediary Essential or Innovative Goals can help you attain these Personal Goals.

- Extracted from *Goals and Goal Setting,* by Larrie A. Rouillard, ©1993, Page 44

Lets do a series of Exercises.
Consider the following topics or create your own.

1. A FINANCIAL TARGET

Create a Financial Target.

Consider:

How much Money do you want to have?
Where do you want to be in one Month financially?
Where do you want to be in six Months?
Where do you want to be in one Year?
How much Money do you want to save?
How much Money do you want to earn?

First, Create a Target to pay off your Personal Debts.

Debt costs us a lot of Money.
In many cases it also causes us a lot of concern Emotionally.

This is particularly true if Money is owed when we don't know from where Money for the next payment will come. Get rid of this Stress!
Pay off your Personal Debts FIRST!

Cut down on your Expenses!
Reduce your spending.

2. A RELATIONSHIP TARGET

One Target needs to be for happy fulfilling relationships –
personally and professionally.
When relationships are "Perfect" there is not a lot to learn other than feeling and filling ourselves with Gratitude.

Now, Create a Family Target or a Relationship Target

Whom do you want to share your life with?

There needs to be a strong bond
between you and your family
between you and your spouse
between you and your partner

You need someone with whom you can share your Success.
This helps to make a persons life more complete.
Having strong relationships is one way to create happiness in your life.

3. A BUSINESS TARGET

Now, Create a Business Target

Write down your Objectives.
Identify the qualities of your business that you wish to increase or magnify.

Will your business be the same during the next couple of months?
Or will it exceed your Expectations?
In what ways do you wish your business to grow or mature?
Enumerate these.

4. A SPIRITUAL TARGET

We also need to have a Spiritual Target.

If you do not have a Spiritual Practice this is a good time to start a new Spiritual Practice or to join a Prayer Group.

It is a good time to study Spiritual Literature.
Raising our Minds to Higher Frequencies - through Spiritual Practices –
is an absolute necessity

Mediation is highly recommended*
Sometimes Prayer may be considered as a form of Meditation
Sometimes what you do - is not called Spiritual Practice …
what you call it is not important.
It is a matter of partaking of a Spiritual Practice and immersing yourself in the process.

5. A SAVINGS TARGET

To become Successful you must:

- Preserve
- Accumulate
- Increase

You must save a part of your income!

First create a Target to pay your debts
Second create a Target to have 1-year savings
Third create a Target to have a 5-years savings

Once you have identified how much you wish to save - create the following Targets:

5 Year Target
10 Year Target
15 Year Target and if you are young enough a
20 Year Target

For some individual's, if the Target is too large - the Target is unthinkable.
If a target seems unreachable to a linear Mind – then it is better for a new Practitioner to start with a 1 Month Target.
Where do you want to be 20 years from now?

If thinking about saving enough of Money to carry you through one year is too much for your Mind – then break the amount down into Increments:

1 Month Savings
2 Months Savings
1 Quarter of the Year Saving
Half a Year Savings
Three Quarter of a Year Savings
Finally 1 Year Savings

When you break down savings into small increments and you look at the big picture,

* See Appendix H-J On *The Planetary Meditation for Peace*

your response will be internally more positive.

This will cause less of an emotional reaction.

But please remember that when we do not create a Savings Target or when we need to increase our savings this means we are not being as responsible for ourselves as we should be.

We need to save and to preserve our savings.
When we do this – even when we regularly save small amounts – it means that we will remain financially on track.

Regarding Business Targets

In your business when you set a Target or a Goal you must write it down!
If your Target is clear it can be achieved!
Nothing diverts your attention from the Target.
You go until you reach the Target.

After writing down your Goal classify it under 3 periods:

1. The Immediate Target. This is the Target for this month
2. The Intermediate Target. This is your Target for the Year
   Then break this down into a Target for every month
   Revise business Targets every 4 months
3. The Long-Range Target. Write down your goal for the next 4 to 5 years

Goal Setting in Business does not only apply to you personally.
It also covers the lower levers of your business.

For Example:
The people in sales must have a Target.
The people in production must have a Target.
The collection department must also have a Target.

If your business depends on the quantity of products being sold, then you should set a Target such as:

"This year I will add ____ number of products to our market!"

When you do this you can substantially increase your sales.

- *Extracted from the Personal Notes of Charlotte Anderson*

APPENDICES

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- What is *The Planetary Meditation for Peace*?
- How to do the Meditation if there is no Recording?

Works Published for *The Inner Sciences Foundation*

Exercises

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- Feeling Energy
- Removing Energy
- Increasing Internal Power
- Annotations
  - Neale Donald Walsch
  - Max Planck Quotes
  - Upanishads
  - Nikola Tesla
  - The Law of Karma

Books Thought Power

Books on Materialization

Personal Note of Charlotte Anderson

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APPENDIX A
PERSONAL NOTE BY CHARLOTTE ANDERSON

On several occasions prior to His passing from the Physical Body Maha Atma Choa instructed this Author to "write His books" – and specified that she should write 14 of them.

Having been most unceremoniously "Released" from MACKS Organizations in 2010 – and due to the vehemently costly legal cases pressed against Charlotte Anderson – so as to try to discourage her from Teaching or from expressing her Right to Acknowledge an incredibly Blessed 14 years of interaction with Her Life Partner and Guruji – she has continued to write and to Teach despite all of the countless libelous and slanderous actions against her.

She expresses Teachings in such a way that the incredibly broad and priceless foundation of Knowledge that was infused into her cells – may continue to be shared going into the future.

She very frankly finds it preposterous to think that any intelligent person could believe:

a. That such an astute and intelligent individual as MACKS would have made a 14 year mistake by keeping Charlotte Anderson at His side and working together with her on countless projects - including more than 9 books, 20 recording projects, a magazine and Much more.

b. That any person would think that 14 years of personal interaction with the Beloved Life Partner can simply be erased – through "sanitizing" photographs - removing her Image, or rewriting the 7 volumes of Lotus Sutras – changing them and removing both - His Image and her Image from the books, as well as countless other hostile actions toward her.

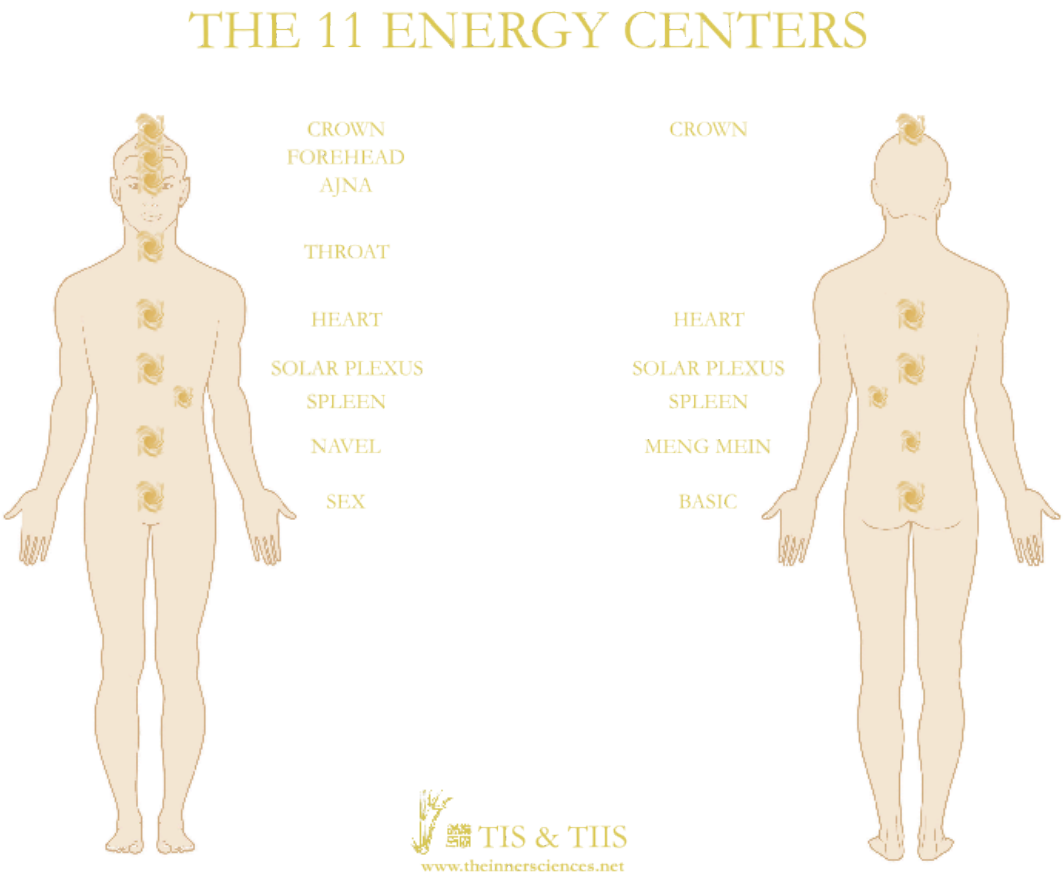
   All of this incredible Hostility began less than 3 months after He passed from the body. Very rapidly she learned the Smiling Faces surrounding the Teacher – are only smiling through His Reflection – and when He was no longer Physically Present – Everything was subject to drastic change.

In this book Charlotte Anderson begins to reveal Techniques on Materialization learned from many eminent Spiritual Teachers and Sources.

She considers this to be a fulfillment of her promise to Maha Atma Choa Kok Sui to continue to write and to one-pointedly focus on spreading Spiritual Teachings that will uplift Humanity and lead those who are ready into the coming Golden Age.

Let Loving Blessings be with All
Charlotte Anderson
21 June 2015, Sedona, Arizona

APPENDIX B


THE 11 ENERGY CENTERS
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HEART
SOLAR PLEXUS
SPLEEN
NAVEL
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APPENDIX C
FORMULAS GIVEN TO THIS AUTHOR BY HER BELOVED SPIRITUAL TEACHER

In the Mid-1990's Maha Atma Choa Kok Sui taught certain Formulas:

Principle of Success

Success = Constancy and One-Pointedness of Purpose
+ Constancy and One Pointedness of Effort

Formulas for Success

PU + CO = SU
Pu = Purpose
Co = Constancy
Su = Success

CI+EN+ST+RE = PTF
CI = Clarity of Intention
En = Energizing
St = Stabilizing
Re = Releasing
PTF = Powerful Thought Form

PTF + GK + CH = MA
PTF = Powerful Thought Form
GK = Good Karma
Ch = Channel
Ma = Materialization

- *Extracted from the Personal Notes of Charlotte Anderson*

APPENDIX D
AFFIRMATIONS

Whatever I want I Get
There is No such Thing as Failure!
I Will Get What I Want!!
I Am Successful!!

I like Money!!
Money is Good!!
I am Open to Receive!!!
With Thanks & In Full Faith!!!
We Thank You!

I Am Wealthy!
I Am Successful!
As I give so shall I Receive.
My Life is Filled with
Every Increasing Great Prosperity & Abundance!
So Be It!

Wherever I Am …
Whatever I touch …
Becomes Successful.

Whoever works with me
Becomes Successful.

I have a Wonderful Job!
I Am very Happy with my Job!

We give Wonderful Service.
I get paid Handsomely, Harmoniously & Perfectly.
In Full Faith! So Be It!

- Extracted from the Personal Notes of Charlotte Anderson

I own a Perfect Car!
Thank you God for my Beautiful Brand New Car!
With Thanks & In Full Faith!
So Be It!

- Extracted from the Personal Notes of Charlotte Anderson

Our Spiritual Teacher also made the following Personal Affirmations for Prosperity and Abundance.

His Business Affirmations:

I Am Number One in Profit
I Am the Best in Profit –
I Am the Best in Sales
Prosperity comes to me Constantly!
More & More Profit comes to me each Day!
Ever Increasing Wealth is mine!

_____
(Name of the Company)
… is Blessed with Great, Great Success

_____
(Name of the Company)
is Blessed with Ever Increasing Sales!
Each Day, Every Day!
So Be It!

His Personal Affirmation:

I hereby Will & Decree,
That I have the Right Boyfriend or Girlfriend,
Partner, Husband or Wife!

(Or Right Daughter-in-Law,
Right Son-in-Law, Right House, Right Car, Right Job)
With Thanks & in Full Faith!
So Be It!

- *Extracted from the Personal Notes of Charlotte Anderson*

APPENDIX E
MEDITATE ON SUCCESS

It is in Giving that we Receive!
I DECREE that I will Give & Share
Generously & Abundantly!
As I Plant Bountifully …
I will HARVEST Bountifully!
This is the DIVINE Law of Karma …

Thank you for Blessings my Life with –
Enormous Riches & MATERIAL TREASURES!
Money, Money, Money Flows into my Hands
VERY FAST … EVERY DAY … IN ENDLESS QUANTITY!!!

When I Give & I Share – ALL of my INVESTMENTS
MAKE LOTS & LOTS OF MONEY!!!
My LIFE is BLESSED with ENDLESS PROSPERITY …
with UNLIMITED SUCCESS,
with RICHES & ABUNDANCE!!!

My Life is BLESSED WITH HUGE SUCCESS on EVERY LEVEL!

All of MY KRIYA SHAKTI'S MANIFEST VERY FAST
& EVERY DAY I PRACTICE MODERATION,
DISCIPLINE & DO MY SPIRITUAL SADHANA!

My Body is FILLED WITH ENERGY
& is VERY VERY HEALTHY!!!
MY EMOTIONS & my MIND ARE
VIBRANT, STRONG & ALWAYS POSITIVE!
I AM GRATEFUL & FULLY PRESENT
IN THIS MOMENT OF RIGHT NOW!!!

MAY ALL PEOPLE & ALL BEINGS
BE BLESSED WITH GREAT JOY,
EXCELLENT HEALTH,
With HUGE HUGE SUCCESS,
LOTS OF MONEY & SPIRITUALITY!
THANK YOU FOR BLESSINGS MY LIFE &
THANK YOU FOR BLESSING MY SOUL!
WITH THANKS & IN FULL FAITH …
SO BE IT!!!!

- Extracted from *The Presentation on Kriya Shakti, Materialization Using Thought Power,* by Charlotte Anderson, ©2015

APPENDIX F
SPIRITUAL RITUALS

Over a period of time, we have been gifted to receive several Rituals - which can also assist us to Transform and Improve our lives.

They are:

1. The Ritual of Cleansing and Blessing
2. The Ritual of Praising and Blessing
3. The Ritual of Spiritual Cleansing
   (for one's Business, Employees, Products and Customers)

1. Ritual of Cleansing and Blessings

1. Do *The Planetary Meditation for Peace* to generate sufficient Spiritual Energy
2. Always: Invoke to God and Guru – for Divine Guidance, Divine Help and Divine Protection
3. Focus your Attention on your Throat
4. Clean the Energy Field of the house, office or the project
5. Focus on your Crown Energy Center and Do Spiritual Cleansing using Brilliant Electric Violet Energy on a house, office or on a project
6. Focus on your Crown and Project Spiritual Blessings using Golden Energy
7. Create a Positive Affirmation for the business, office or project
8. Give Thanks
9. Repeat the procedure everyday for as long as necessary

2. Ritual of Praising and Blessings

1. Write down 7 Good Qualities of a Person
2. Write down 7 Negative Qualities of the Person
3. Do Invocation
4. Convert the Negative Qualities into Positive Qualities
5. Say:

   I Praise you for _____ (Name a Positive Quality)
   I Bless you with _____ (Name the Quality that is Needed)

6. Practice Forgiveness toward the Person
7. Give Thanks

3. Ritual of Spiritual Cleansing

For one's business, employees, products, customers, patients and clients

1. Practice Inner Purification
    a. Practice *The Blue Tetrahedron* for yourself
    (You may find a version of this Audio File at:
    www.theinnersciences.net/Education-Online)

    b. Then use *The Blue Tetrahedron* to disintegrate the
    Negative Thoughts, Emotions within the company
    (You may find a version of this Audio File at:
    www.theinnersciences.net/Education-Online)

2. Practice *The Planetary Meditation for Peace*
    Bless the business, the company or the project!
    Project your positive wishes to improve the situation

3. Check:
    What is the Energy Level of the company?
    This is equivalent to checking the Basic Energy Center of a person

    a. Feel the size of the Energy of the company – which translates into profitability – from the Front of the Energy Center

    b. Feel the Energy of the Company from the side.
    This will indicate the size of the company.

4. Now begin to Clean the Energy Field of the business

5. Check the Energy of the company. Re-Scan the company from the side and from the front

6. Clean the top people in the company or business:
    a. All Basic Energy Centers
    b. Ajna Energy Center – of Managers
    c. Forehead Energy Center – of Owners
    d. Crown Energy Center – of the Board of Directors

7. Re-Scan the company from the side and from the front. Is there a difference?

8. Now Bless the employees and all persons involved in the business with Pink and Golden Light *(from your Heart just like in The Planetary Meditation for Peace)*

9. Re-check if you see or feel something dirty.

10. Erase it! Then Bless them from your Heart.

11. Now use Kriya Shakti Power to create a good life, success and a better outlook in the future.

APPENDIX G
WHAT IS AN INVOCATION OR AN INVOCATION PRAYER?

An Invocation Prayer is a request for the Spiritual Presence and Blessing of God in a Ceremony or Event. To Invoke is to call upon earnestly, so an "Invocation" in the context of Prayer is a serious, intentional calling upon God

- Extracted from http://www.gotquestions.org/ invocation-prayer.html

A Possible Text for Invocation:

We Invoke to the Supreme God
To the Ascended Masters and the Angelic Beings;
for Divine Love, for Divine Guidance, Divine Protection and Divine Healing.

It is also always best to finish with an Invocation of Thanks and Gratitude:

We give Thanks to the Supreme God,
To the Ascended Masters and the Angelic Beings
For their Divine Love, For Divine Guidance, Divine Protection and Divine Healing.

- Extracted from http://www.callah-ancients.com/ esoteric-dictionary/33-invocations

APPENDIX H

WHAT IS *THE PLANETARY MEDITATION FOR PEACE*?

AUTHORITY TO REPRINT

The Planetary Meditation for Peace (Meditation on Twin Hearts) is a very powerful tool in bringing about World Peace …
Therefore, this Meditational Technique should be disseminated.
The Author hereby grants permission to all interested persons to **REPRINT, RECOPY AND REPRODUCE** this chapter provided proper Acknowledgment is made.

(Signed) Choa Kok Sui

- Extracted and Modified from *The Ancient Art and Science of Pranic Healing,* ©1992, by Master Choa Kok Sui, Pages 227-239

The Planetary Meditation for Peace is also known as an ILLUMINATION TECHNIQUE or *Meditation on Twin Hearts.* It is a Technique aimed at achieving Cosmic Consciousness* or Illumination. It is also a form of service to the World because the World is harmonized to a certain degree through the Blessing of the entire Earth with Loving Kindness. *Meditation on Twin Hearts* is based on the principle that some of the Major Chakras are entry points or gateways to certain levels or horizons of consciousness. To achieve Illumination or Cosmic Consciousness, it is necessary to sufficiently activate the Crown Chakra.

The Twin Hearts refer to the Heart Chakra which is the center of the Emotional Heart, and the Crown Chakra with is the center of the Divine Heart.

When the Crown Chakra is sufficiently activated, its 12 inner petals open and turn upward like a golden cup, golden crown, golden lotus or golden flower to receive spiritual energy which is distributed to other parts of the body. It is also symbolized as the Holy Grail.

The Crown worn by kings and queens is but a poor replica or symbol of the indescribable resplendent Crown Chakra of a spiritually developed person.
The Golden Crown which is rotating very fast appears as a Brilliant Flame of light on top of one's head. This is symbolized by the miter worn by the pope, cardinals, and bishops. When the Crown Chakra is highly activated, a halo is produced around the head.

---

* *Cosmic Consciousness*, a Consciousness of the life and order of the Universe - which is possessed by few men at present. It is a further stage of human Evolution which will be reached by all humanity in the future. *(Extracted from www.wikipedia.org)*

This is why Saints of different religions have a halo around their head. Since there are different degrees of spiritual development, the size and brightness of the halo also vary.

When a person does *Meditation on Twin Hearts*, Divine Energy flows down to the practitioner filling him with Divine Light, Love and Power.
The practitioner becomes a Channel of this Divine Energy.

In Taoist Yoga, this Divine Energy is called "Heaven Ki." In Kaballah, this is called the "Pillar of Light," referring to what clairvoyants literally see as a pillar of light. The Indian yogis call this Pillar of Light as the Spiritual Bridge of Light or "Antakarana." The Christians call this the "Descent of the Holy Spirit" which is symbolized by a Pillar of Light with a descending dove. In Christian arts, this is shown in pictures of Jesus or the Saints having a pillar of white light on top of their head with a descending white dove. This is to symbolize the coming down of the Divine Energy. Spiritual aspirants who have practiced this Meditation for quite sometime may experience being enveloped by dazzling, sometimes blinding, light or his head filled with dazzling light. This has been a common experience among advanced yogis and saints of all religions. If you study the holy scriptures of different religions, you will notice the similarity in their experiences.

The Crown Chakra can only be sufficiently activated when the Heart Chakra is first sufficiently activated. The Heart Chakra is a replica of the Crown Chakra. When you look at the Heart Chakra, it looks like the inner Chakra of the Crown Chakra which has 12 golden petals.

The Heart Chakra is the lower correspondence of the Crown Chakra. The Crown Chakra is the center of Illumination and Divine Love or Oneness with all. The Heart Chakra is the center of higher emotions. It is the Center for Compassion, Joy, Affection, Consideration, Mercy and other refined Emotions. It is only by developing the higher refined emotions that one can possibly experience Divine Love. To explain what is Divine Love and Illumination to an ordinary person is just like trying to explain what is color to a blind man. There are many ways of activating the Heart and Crown Chakras. You can use Physical Movements or Hatha Yoga, Yogic Breathing Techniques, Mantras or Words of Power, and Visualization Techniques. All of these Techniques are effective but are not fast enough. One of the most effective and fastest ways to activate these Chakras is to do *Meditation on Loving Kindness*, or Bless the whole Earth with Loving Kindness. By using the Heart and Crown Chakras in Blessing the Earth with Loving Kindness, they become Channels for Spiritual Energies, thereby becoming activated in the process. By Blessing the Earth with Loving Kindness, you are doing a form of World Service. And by Blessing the Earth with Loving Kindness, you are in turn Blessed many times.

It is in Blessing that you are Blessed.
It is in Giving that you Receive.
This is the law!

A person with a sufficiently activated Crown Chakra does not necessarily achieve Illumination for he has yet to learn how to activate the Crown Chakra to achieve Illumination. It is just like having a sophisticated computer but not knowing how to

operate it. Once the Crown Chakra has been sufficiently activated, then you have to do Meditation on the Light, on the Mantra Aum or Amen, and on the interval between the Aums or Amens.

Intense concentration should be focused not only on the Mantra Aum or Amen but especially on the interval between the two Aums or Amens. It is by fully and intensely concentrating on the light and the intervals *(moments of silence)* between the two Aums or Amens that Illumination or Samadhi is achieved!

With most people, their other Chakras are quite activated. The Basic Chakra, Sex Chakra, and Solar Plexus Chakra are activated in practically all persons.

With these people, their instincts for self survival, sex drive and their tendency to react with their lower emotions are very active. The Ajna Chakra and the Throat Chakra are developed in a lot of people. What is not developed in most people are the Heart Chakra and the Crown Chakra. Modern education, unfortunately, tends to overemphasize the development of the Throat Chakra and the Ajna Chakra or the development of the Concrete mind and the Abstract Mind. The development of the Heart has been neglected. Because of this, you may encounter a person who is quite intelligent but very abrasive. This type of person has not yet matured emotionally or that his Heart Chakra is quite underdeveloped. Although he is intelligent and may be "successful," his human relationships may be very poor, have hardly any friends and may have no family. So by practicing Meditation on Twin Hearts, a person becomes harmoniously balanced. It means that the major chakras are more or less balanced and developed.

Whether the abstract and concrete mind will be used constructively or destructively depends upon the development of the Heart Chakra. When the Solar Plexus Chakra is overdeveloped and the Heart Chakra is underdeveloped or when the Lower Emotions are active and the Higher Emotions are underdeveloped, then the Mind would likely be used destructively. Without the development of the Heart in most people, World Peace would be an Unattainable dream. This is why the development of the Heart should be emphasized in the educational system.

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APPENDIX I
HOW TO PRACTICE THIS SIMPLE MEDITATION?

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1. Cleansing the Etheric Body through Physical Exercise. Do Physical Exercise for about five minutes to clean and energize your Etheric Body. Light greyish matter or used-up Prana is expelled from the Etheric Body with Exercise. Physical Exercises also minimize possible *Energy* Congestion since *Meditation on Twin Hearts* generates a lot of Subtle Energies in the Etheric Body.

2. Invocation for Divine Blessing. You can make your own Invocation. Here is one example the Author usually uses:

   Father, I humbly Invoke Thy divine Blessing!
   For Protection, Guidance, Help and Illumination
   With Thanks and in Full Faith!

   Invoking the Blessing of Divine Providence or one's Spiritual Guides is very important. Every serious spiritual aspirant usually has Spiritual Guide(s) whether he is consciously aware of them or not. The Invocation is required for one's Protection, Help and Guidance. Without the Invocation, the Practice of any Advanced Meditational Technique can be dangerous.

3. Activating the Heart Chakra—Blessing the Entire Earth with Loving Kindness. Press your front Heart Chakra with your finger for a few seconds. This is to make concentration on the front Heart Chakra easier. Concentrate on the front Heart Chakra and Bless the Earth with Loving Kindness. When Blessing, you may visualize the Earth as very small in front of you. The Author usually uses the following Blessing:

BLESSING THE EARTH WITH LOVING KINDNESS

From the Heart of God
Let the entire Earth be Blessed with Loving Kindness
Let the entire Earth be Blessed with great Joy, Happiness and Divine Peace.
Let the entire Earth be Blessed with Understanding, Harmony, Goodwill
and the Will to do Good. So be it!
From the Heart of God, let the Hearts of all Sentient Beings
be filled with Divine Love and Kindness.
Let the Hearts of all Sentient Beings
Be filled with Great Joy, Happiness and Divine Peace.
Let the Hearts of all Sentient Beings
Be filled with Understanding, Harmony, Goodwill and Will to do Good
With Thanks ... So Be It!

For beginners, this Blessing is done only once or twice. Do not overdo this Blessing at the start. Some may even feel a slight *Energy* Congestion around the Heart Area. This is because your etheric body is not sufficiently clean.
Apply Cleansing to remove the congestion. This Blessing should not be done mechanically. You should feel and fully appreciate the implications in each phrase. You may also use Visualization.

4. Activating the Crown Chakra—Blessing the Earth with Loving Kindness. Press the Crown with your finger for several seconds to facilitate concentration on the Crown Chakra and bless the entire Earth with Loving Kindness. When the Crown Chakra is sufficiently opened, some of you will feel something blooming on top of the head and some will also feel certain pressure on the Crown. After the Crown Chakra has been activated, concentrate simultaneously on the Crown and Heart Chakras, and Bless the Earth with Loving Kindness several times. This will align both Chakras, thereby making the blessing much more potent.

5. Achieving Illumination—Meditation on the Light, on the Aum or Amen, and the Interval between the Two Aums or Amens. To achieve Illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word Aum (Ah — omm —) or Amen (Ah — men —) and concentrate on the intervals (moments of silence) between the two Aums (or Amens), while maintaining the point of light. Do this Meditation for 10 to 15 minutes. When you can fully concentrate simultaneously on the Point of Light and on the intervals between the two Aums, you will experience an "Inner Explosion of Light" Your entire being will be filled with light! You will have your first glimpse of Illumination and first experience of Divine Ecstasy. To experience Buddhic Consciousness or Illumination is to experience and understand what Jesus meant when He said: "If thine eye be single, thy whole body shall be full of light* (Luke 11:34). "For behold, the kingdom of heaven is within you" (Luke 17:21).

6. Releasing the excess Energy. After Meditation, it is important that the excess Energy should be released by Blessing the Earth with Light, Loving Kindness, Peace and Prosperity for several minutes until you feel your body is normalized. Otherwise, the Etheric Body will become congested and the Meditator will experience headaches and chest pains. The visible body will deteriorate in the long run because of too much energy. Other Esoteric Schools release the Excess Energy by visualizing the Chakras projecting out the excess Energy and the Chakras becoming smaller and dimmer, but this approach does not utilize the excess Energy into constructive use.

7. Giving Thanks. After Meditation, always Give Thanks to the Divine Providence and to your Spiritual Guides for Divine Blessing.

8. Further Release of Excess Energy and Strengthening the Body through Massage and More Physical Exercise. After Meditating, massage your body and do Physical Exercise for about five minutes to expel more used-up prana from the body and, thus, to further release, clean and strengthen the visible body. This will also facilitate the assimilation of the Spiritual Energies, thereby enhancing the beauty and health of the Practitioner. Massaging and exercising after Meditation also reduce the possibility of *Energy* Congestion in certain parts of the body which may lead to illness. You can also gradually cure yourself of some ailments by doing exercises after doing *The Meditation on Twin Hearts*. It is very important to exercise after Meditation; otherwise, the visible physical body will inevitably weaken. Although the Etheric Body will become very bright and strong, the visible physical body will become weak because it will not be able to withstand the leftover energy generated by the Meditation in the long run. You have to experience it yourself to fully appreciate this. Some have the tendency not to do Physical Exercises after Meditation but to continue savoring the blissful state. This tendency should be overcome; otherwise, one's physical health will deteriorate in the long run.

   Sometimes when a spiritual aspirant Meditates, he may experience unusual Physical Movements for a limited period of time. This is quite normal since his etheric channels are being cleansed. The instructions may seem quite long but the Meditation is short, simple and very effective! It requires only about 20 minutes excluding the required time for the Physical Exercises.

There are many degrees of Illumination. The art of "Intuiting" or "Direct Synthetic Knowing" requires constant Meditation for a long duration of time. Blessing the Earth with Loving Kindness can be done in groups as a form of World Service. When done in groups for this purpose, first Bless the Earth with Loving Kindness through the Heart Chakra, then the Crown Chakra and, finally, through both Chakras. Release the excess Energy after the end of the Meditation. The other parts of the Meditation are omitted. The Blessing can be directed not only to the entire Earth but also to a specific nation or

group of nations. The potency of the Blessing is increased many times when done in a group rather than individually. Another way of Blessing the Earth with Loving Kindness in a group is through daily radio broadcast at an appropriate time with some or most of the listeners participating.

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APPENDIX J
HOW TO DO THE MEDITATION
IF THERE IS NO RECORDING AVAILABLE

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Let us Invoke for Divine Blessings

To the Supreme God,
To the Divine Father, Divine Mother,
to my Spiritual Teacher,
To all the Spiritual Teachers,
To all the Holy Masters, all the Saints, Holy Angels,
Spiritual Helpers, and to all the Great Ones,
We Thank You for Your Divine Guidance, Divine Help and Protection
We Thank You for Your Divine Love,
for Your Sweetness, for Your Illumination,
Divine Oneness and Divine Blessings.
Thank You in Full Faith.

Connect your tongue to your Palate

Recall a Happy Event. Take your time.
Re-experience the exquisite Feelings of Sweetness, of Tenderness and of Love.

You are Smiling, you are filled with Love and Happiness.
Very Gently and Lovingly Smile at your Heart Energy Center.
Say words of Love and Sweetness to your Heart.
Gently and Lovingly Smile at your Heart. Your Heart Energy Center is a Being of Love.

Wait for the response. Feel the Love and Happiness.

Recall another happy event. Re-experience this happy event.
Can you feel your Heart Energy Center responding
with Love, with Joy and Bliss? The Feeling is fantastic!

Smile at your Crown Energy Center.
Say words of love to this Being of Divine Love.
Lovingly and gently Smile at your Crown Energy Center.
Wait for the response.
Can you feel your Crown Energy Center responding
with Divine Love and Divine Sweetness?

We are going to Bless the Earth with Loving Kindness.

Very gently, Touch your Heart with your left Hand.

Raise your Hands at about chest level with your palms facing outward.
Imagine there's a small Earth in front of you, the size of a small ball.
Be aware of your Heart and silently repeat after me.

Lord, make me an Instrument of Your Peace.

Allow yourself to be a Channel for Divine Peace.
Feel the Inner Peace within you and Bless the Earth with Peace.
Feel the Peace within you and Radiate this Peace into the Earth.
Feel the Inner Peace within you, and share it with the Earth in front of you.

Where there is Hatred let me sow Love.

Feel the Love within you.
Feel the Inner Peace within you.
Feel the Sweetness within you.
Allow yourself to be a Channel for Divine Love and Divine Sweetness.
Imagine Pink light radiating from your Heart to your Hands to the Earth.
Bless the whole Earth, and every Person, every Being with Love and Sweetness.

Where there is injury, Pardon.

Allow yourself to be a Channel for Reconciliation and Divine Peace.
Bless the Earth with the Spirit of Understanding, Harmony and Peace.

Where there is Despair … Hope … Doubt … Faith.

Allow yourself to be a Channel for Divine Hope and Divine Faith.

Bless the whole Earth with Hope and Faith.
Bless people who are having a difficult time.
Bless them with Divine Strength.
Silently tell them,
"You can make it! You are Blessed with Hope and with Faith, with Divine Love and with Divine Strength."

Where there is Darkness Light; Sadness, Joy.

Allow yourself to be a Channel for Divine Light and Divine Joy.
Bless the whole Earth with Light and Joy.

Especially Bless People who are sad, who are depressed, People who are in pain.
Bless them with Divine Light.
Bless them with Divine Strength. Blessings be to all.

Be aware of your Crown.
Imagine the Small Earth in front of you and silently follow me:

From the Heart of God,
Let the Entire Earth be Blessed with Loving Kindness.

Allow yourself to be a Channel for Divine Love and Divine Kindness.
Imagine Golden Light radiating from your Hands to the small Earth in front of you.
Bless the Earth with Loving Kindness, Harmony and Divine Peace.

Let the Entire Earth be Blessed with Great Joy and Happiness.

Feel the Divine Joy and Divine Happiness.
Allow yourself to be a Channel for Divine Joy and Happiness
and share this Joy and Happiness with the Whole Earth.

Let the Entire Earth be Blessed
with Understanding, Harmony & Divine Peace;
with Goodwill and the Will to do Good.
Blessings be to All.

Be aware of your Heart and your Crown simultaneously.
Take a deep breath.
Be aware of your whole body and Exhale slowly.
Be aware of your Heart and your Crown again.
Inhale – slowly and deeply. Hold your breath.
Be aware of your whole body and Exhale slowly.

Can you feel your whole body filled with Divine Love and Divine Bliss?

Imagine the small Earth in front of you and be aware of your Heart and your Crown and silently repeat after me.

From the Heart of God,
Let every Person, Every Being
Be Blessed with Divine Love and Kindness

Feel the Kindness.
Feel the Divine Bliss, the Divine Sweetness …
and share this with the Whole Earth, with Every Person, Every Being.

From the Heart of God,
Let the Whole Earth, Every Person, Every Being
Be Blessed with Divine Love,
be Blessed with Tenderness, with Warmness, with Caring-ness,
with Inner Healing, with Inner Beauty,
with Divine Bliss, & Divine Oneness with All.

Gently put your Hands down on your lap.

Imagine a Golden Flame on your Crown.
Feel the Quality of the Golden Flame.

Feel the Love, the Peace and the Divine Bliss radiating from this Golden Flame.
Feel the Divine Sweetness, the Divine Joy.
Gently, Lovingly and Silently chant the Mantra, OM.
Be aware of the Interval and the Stillness between OM's.
Be aware of the Stillness, the Golden Flame and silently Chant the Mantra OM.

(Gently and Silently Chant the Mantra, OM)

Gently and Lovingly return to your body right now!
We are going to Release the Excess Energy.
Slowly and gently move your Fingers.
Raise your Hands on Chest Level with your Palms facing outward.
Imagine the Small Earth in front of you.
Silently say

Let the Entire Earth be Blessed with Divine Light, Divine Love, Divine Power.
Let the Whole Earth, let Every Person, Every Being be Blessed.
Let there be Peace, Harmony, Progress, Spirituality & Prosperity to All!
Bless your Country with Divine Light, Divine Love, Divine Power,
with Progress, Spirituality, Peace and Abundance.
Bless your City with Peace and Order, with Spirituality,
with Divine Love and with Prosperity.
Bless your Loved Ones,

Bless your Relatives, your Associates and your Friends
with Divine Love, with Kindness and Sweetness and with much Affection!
Blessings be to All!

Gently put your Arms down.
We are going to Release the Excess Energy by Blessing Mother Earth.
Be aware of your feet and the base of your spine.

Imagine Golden Light flowing down, down down into the Earth
about three (3) meter or ten (10) feet deep.

Let Mother Earth be Blessed with Divine Light, Divine Love Divine Power.
Blessings be to Mother Earth!
Let Mother Earth be Blessed, Let Mother Earth be Regenerated.
Blessings be to our Beloved Mother Earth!

Thanksgiving Invocation

To the Supreme God, we Thank You for this Great, Great Blessing!
To the Divine Father, Divine Mother,
We Thank You for the Divine Bliss and Your Priceless Blessing!
To my Spiritual Teacher, to all the Spiritual Teachers,
to all the Saints, Holy Angels, Spiritual Helpers,
especially to the Angels of Love and All the Great Ones,
Thank You for these Great Blessing!
Thank You for the experience of Love and Divine Bliss!
Thank You.

- Extracted from *The Manual on Pranic Energy Healing,* by Charlotte Anderson, ©2013, Page 152 - 155

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APPENDIX K
WORKS PUBLISHED FOR
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Manuals

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APPENDIX L
YOGIC BREATHING

In Yogi Ramacharaka's Book *Psychic Healing* he discussed a powerful Technique that enables a Practitioner to Absorb considerable Energy and to thereby increase the Energy in the body of another person. He states:

> "Pranic Breathing plays a very important part in Pranic Healing …"
>
> - Extracted from *The Science of Psychic Healing* by Yogi Ramacharaka, ©1909, Page 71

According to Yogi Ramacharaka:

> … the main principle to remember is that by Rhythmic Breathing and controlled thought you are enabled to absorb a considerable amount of Prana, and are also able to pass it into the body of another person, stimulating weakened parts and organs, imparting health and driving out diseased conditions.
>
> - Extracted from *The Hindu Yogi Science of Breath, by* Yogi Ramacharaka, ©1909, Page 60

What are good Reasons to Practice Yogic Breathing?

- To increase the Sensitivity to "Feel" Energy more easily
- To increase the Practitioner's Vital Life Energy before starting a Treatment
- To increase the Practitioner's Energy Level during Treatment
- To Cleanse and Revitalize the Energy Field of the Client to a certain degree
- To Remove Stress and Tiredness of the Practitioner

In this school, we call Yogic Breathing – Pranayama.
The term "Pranayama" comes from the Hindu or Yogic Tradition, and is known as one of the five Techniques recommended in the Teachings of Mahavatar Babaji.

Pranayama or Yogic Breathing is divided into parts.
The Secret of the Power of Yogic Breathing is to hold the Breath after Inhaling – which is called "Full Retention". To then Expel and momentarily Hold the body in the breathless state upon Exhaling is called "Empty Retention".

- Extracted from *The Manual on Pranic Energy Healing Level I,* by Charlotte Anderson, ©2013, Page 126

6-3 6-3 Breathing Exercise

> The Yogi rule for Rhythmic Breathing is that the units of inhalation and exhalation should be the same, while the units for retention and between breaths should be one-half the number of those inhalation and exhalation.
>
> - Inhale slowly *(through the nostrils)* a Complete Breath, counting 6 pulse units.
> - Retain, counting 3 pulse units.
> - Exhale slowly through the nostrils, counting 6 pulse units.
> - Count three pulse beats between breaths.
>
> - Extracted from *The Science of Breath* by Yogi Ramacharaka, ©1904, Page 63

Practice 6-3 6-3 Breathing Exercise

1. Place the Hands about 2-4 inches or 5-10 cm apart
2. Move the Hands back and forth, very slowly
3. Do you feel a pushing sensation as you move your Hands back and forth?
4. Remember to Complete the Energy Circuit*
   This connection should be maintained throughout the Practice
5. Inhale for 6 counts 1, 2, 3, 4, 5, 6
6. Hold 3 – 1, 2, 3
7. Exhale 6 – 1, 2, 3, 4, 5, 6
8. Hold 3 – 1, 2, 3
9. Do this for seven Breathing Cycles
10. Observe how big the Energy Field is that you have created.
11. Move your Hands back and forth.
12. Is there a difference?
13. What is the difference?

> Through simple Breathing you can create an Energy Field between your Hands.
>
> - Extracted from *The Manual on Pranic Energy Healing Level I,* by Charlotte Anderson, ©2013, Page 128

Another source says for Improvement to take place,

> … It is a must to increase our energy, which according to yogic practices is possible only if Kundalini *(Energy)* can be raised. Raising Kundalini can be done in various ways.

In another passage by the same Author it is said,

---

* *Place the tongue to the Roof of your Mouth. The connection between the front and back meridian becomes complete.*

Kriya Kundalini Pranayama and related Breathing Techniques (*can be used*) for the Circulation of Pranic Energy in the Vital Body …

- Extracted & Modified from *Yoga Vidya Pranic Healing, (Therapeutic Yoga)* by Dr. C. Sundaram, ©2003

It is extremely important for a Practitioner to regularly practice Yogic Breathing Techniques.

- Extracted from *The Manual on Pranic Energy Healing Level II,* by Charlotte Anderson, ©2013, Page 138

Always perform one to two minutes of Full Body Qi Breathing before you begin … All Asian & Yogic Breathing Traditions teach Full Breathing utilizing the diaphragm. Yogic Traditions know – Breathing that centers in the chest constricts the proper flow of Qi …

- Extracted from *The Universal Healing Art Jing-Qi-Shen,* by Ven Rinchen Chodak, ©2006, Page 15

A Practitioner needs to learn to more fully utilize Energy – just like Practitioners of the Material Arts. Simple Breathing can create an Energy Field, therefore, Practitioners should regularly Practice Yogic Breathing.

- Extracted from *The Manual on Pranic Energy Healing Level II,* by Charlotte Anderson, ©2013, Page 138

… realize that unless correct Breathing is performed … a person … is unable to have health …

- Extracted from *The Science of Psychic Healing* by Yogi Ramacharaka, ©1909, Page 19

Practice on Yogic Breathing

1. Complete the Energy Circuit
2. Sit forward on your chair with your feet flat on the floor.
3. Concentrate on the tips of your fingers and gently move your fingers together and apart, back and forth while doing Yogic Breathing.
4. Try to join your fingers together.
5. Do you notice a strong resistance prevents you from joining the fingers?
6. The secret is to hold your breath after breathing.
7. Inhale – hold one – exhale – hold one
8. Thank You

- Extracted from *The Manual on Pranic Energy Healing Level II,* by Charlotte Anderson, ©2013, Page 139

APPENDIX M
FEELING THE ENERGY

Almost Anyone can Feel Energy*
Exercise on Feeling Energy

Let us do the short set of Physical Exercises to Increase the Responsiveness of the Hand Energy Centers.

(Please stand up)

1. Twist the upper area of your body to the right then to the left, right, left, right, left – Do this 12 times.
2. Rotate your hips 12 Times to the right and 12 Times to the left.
3. Turn your head to the right and turn it to the left 12 Times.
4. Now, please exercise your shoulders by rotating your arms 12 Times back, then forward 12 Times.
5. Now, bend your Elbows up and extend your Arms forcefully downwards spreading your Fingers and allow the Energy to be Thrown forcefully out of your Hands, your Fingers and even your Webs between your Fingers. Can you feel something coming out?
6. Now, let us Exercise the wrists 12 Times to the left and 12 Times to the right
7. Now, stretch your left Hand up, with the Palm reaching to the sky, while you simultaneously stretch your left Hand down to the ground. Reach and stretch with the right Hand up, with the left Hand down. Please do this seven Times.

- Extracted and Modified from *The Manual on Pranic Energy Healing Level I*, by Charlotte Anderson, ©2013, Page 133-134

Increase the Responsiveness of the Hand Energy Centers

1. Complete the Energy Circuit.

> *"When the Tongue is placed into the Roof of the Mouth known as the Magpie Bridge … this acts as a kind of switch which completes the Energy Circuit"*
>
> - Extracted from *Qigong Empowerment,* by Lian and Wu, ©1997, Page 94

* In 2010 the first of *The Inner Sciences Network of Organizations* was established in Europe. It was followed by an Organization in the United States and in India. All of these Organizations are Not-For-Profit and two of them are Tax Exempt with the third Tex Exemption pending. Interested Students may attend a One-Day-Workshop on *The Technology of Feeling Subtle Energy* at: www.theinnersciences.net

2. Invoke for Divine Blessings

To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Divine Protection.
For Clarity in our Feeling and for Divine Healing Power.
With Thanks an in Full Faith!

3. Press the Center of the left Palm with the Thumb of the right Hand.
   Press the Center of the Palm and simultaneously turn the Thumb in a clockwise motion. This is done in order to Increase the Responsiveness of the Hand Energy Center.
4. Now, repeat this Procedure with the right Palm and the left Thumb. Remember to turn the Thumb clockwise while pressing the Palm. This will Increase your ability to "Feel" the Energy.
5. Now, press the Tip of each Finger against the Tip of the Thumb
6. Now, place your two Hands about 2-3 inches or 5-7cm apart.
7. Do not imaging anything.
8. Do not expect anything.
9. Simply be neutral.
10. Now, very slowly move your Hands away from each other – then bring them closer together again.
11. Continue to move your Hands slowly together and apart.
12. Just try to "Feel" the Energy.
13. Do not try too hard ... just relax.
14. Inhale slowly and comfortably ...
15. Exhale slowly and comfortably ...
16. Repeat this for seven Breathing Cycles.
17. Remember to maintain your Concentration on the Center of your Palms.
18. Can you Feel something?
19. Give Thanks

To the Supreme god,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Divine Protection.
With Thanks and in Full Faith.
We Thank You!

Do this exercise before the Practice of "Feeling" the Energy.
This will assist the Practitioner to achieve better results.

- Extracted and Modified from *The Manual on Pranic Energy Healing Level I*, by Charlotte Anderson, ©2013, Page 79-80

"The Feeling of building something up between your Hands is that of a tickling sensation with pressure, somewhat like static electricity. When the Energy Body edges touch each other, there is a feeling of tingling and of pressure"

- Extracted from *Hands of Light,* by Barbara Brennan, ©1987, Page 55

Exercise on Feeling Energy*

1. Complete the Energy Circuit
2. Invoke for Divine Blessings

To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Divine Protection.
For Clarity in our Feeling and for Divine Healing Power.
With Thanks an in Full Faith!

3. Touch your Heart with the Pads of your Fingers
4. Practice Yogic Breathing
5. Turn on your Fingers and your Palms
6. Form a strong Intention to Feel the Item
7. Look at the Item you want to Feel
8. Concentrate on your Palm and the Tips of your Fingers
9. Smile!
10. Stand back from the Item about 1 – 2 Meters
11. Relax … Move your Body … Be Neutral
12. Then Scan or Feel the Energy of the Item
13. Move your Hand back & forth slowly
14. Use your Fingers as Antennas …
15. Can you Feel the Energy?
16. Now, Raise your Hand.
    Like a knife and forcefully make a downward gesture.
    Form the intention to Disconnect
    While moving your Hand downward, Mentally say, "Cut, Cut, Cut!"
17. Give Thanks

To the Supreme god,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Divine Protection.
With Thanks and in Full Faith.
We Thank You!

- *Extracted from the Personal Notes of Charlotte Anderson*

Exercise 2 on Feeling Energy

In Absent Treatment, the Practitioner imagines the Client standing in front of him.
The Practitioner's focus should be very clear.
It is not important to "see" the Energy Field of the Client.
Simply visualize the person in front of you.

---

* This Author highly recommends all Students of Materialization to learn to Feel Energy accurately. This can be achieved by taking a One-Day Workshop on Scanning or Feeling Energy. *The Inner Sciences Network of Organization* emphasizes the importance of learning this skill. www.theinnersciences.net

1. Please Complete the Energy Circuit
2. Invoke for Divine Blessings

To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Divine Protection.
For Clarity in our Feeling and for Divine Healing Power.
With Thanks an in Full Faith!

3. Imagine the Client *(or yourself)* in front of you
4. Do Yogic Breathing.
5. Increase the Responsiveness of your Hands (Turn on)
6. Raise your Hand.
7. Feel the Energy of the Ajna Energy Center.
8. Move your Hand forth and back.
9. Now, Raise your Hand. Feel the Energy of the Solar Plexus Energy Center.
10. Move your Hand forth and back.
11. Now, Raise your Hand. Feel the Energy of the Basic Energy Center.
12. Move your Hand forth and back.
13. Disconnect the Energy Link. Cut! Cut! Cut!
14. Give Thanks

To the Supreme god,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Divine Protection.
With Thanks and in Full Faith.
We Thank You!

- Extracted and Modified from *The Manual on Pranic Energy Healing Level I*, by Charlotte Anderson, ©2013, Page 133-134

APPENDIX N
REMOVING UNWANTED ENERGY

Discussion on Removing Unwanted Energies

The Practice of this Technique assists to rapidly remove Unwanted, Dirty, Diseased or Used-up Energy.

When free of these Energies the Practitioner will notice an Increase in the flow of Energy throughout the entire body - including the Area or Areas requiring Balancing or Harmonizing or Treatment.

- Extracted & Modified from *The Manual on Pranic Energy Healing Level I,* by Charlotte Anderson, ©2013, Page 42-43

What does it mean to "Remove" Unwanted Energy?

In different cultures "Cleansing" is done to Remove Unwanted Energies. For example, American Indians use Eagle Feathers and Red Meat to Remove Dirty Energy.

In India, people use a handful of salt, a tree branch or a broom, or an Egg - when they wish to Clean away or Remove Unwanted Energy from their body. Many Techniques are used universally in different cultures.

If you see a piece of paper or some loose dirt on the floor – what do you do?
You bend down and Pick it up. Right?

If you cannot pick it up you get a broom and remove it or simply "Sweep" it away.
When an Unwanted Energy is present in the Energy Field or Energy System … a Practitioner may simply Remove it by Sweeping it away.

- Extracted & Modified from *The Manual on Pranic Energy Healing Level I,* by Charlotte Anderson, ©2013, Page 42-43

Removing Unwanted Energy is Easy

Cleansing is very easy to perform.
Please remove and secure your wristwatch in a safe place.
Do not leave it on a chair or table … put it safely away.

Beginning with "Sweeping" - is a Technique frequently taught by many different Authors.

Exercise on Removing Energy

1. Simply raise your Hand in the air and Clean the affected Area …
2. Remove the Unwanted Energy 5-7 Times.
3. Please CLEAN SLOWLY!
4. Feel and Sweep …
5. Then Throw the Energy Removed into a Basin with Water and Salt.*
6. Again, Feel and Sweep …
7. Then Throw the Unwanted Energy into a Basin with Water and Salt*
8. Feel the Quality of the Energy.
9. You have to FEEL it – so that you will know when the Energy is completely gone.

- Extracted & Modified from *The Manual on Pranic Energy Healing Level I,* by Charlotte Anderson, ©2013, Page 43-44

How to Remove Unwanted Energy

When the Hands are in the right position, Sweep them out, (*then)* sideways before the body or part, and bring them back *(together)* …

- Extracted and Modified from *The Science of Psychic Healing,* by Yogi Ramacharaka, ©1909, Page 56

1. *Form an Intention to Remove the Unwanted Energy from the body*

2. Simply raise your Hand in the air and Clean … Sweeping in a downward motion to Remove the Unwanted Energy. Do this 5-7 Times. Throw – up to 25-30 Repetitions or more …
3. Remember NEVER Direct Unwanted or Dirty Energy toward your own body
4. *Feel the Energy* that you wish to Remove *Then Pull it out or Clean it out!*
5. Remember to Clean GENTLY – but Thoroughly – so as not to cause discomfort

---

* Use approximately 33 ounces or 1 liter of water in a basin and add 1 or more handfuls of s

* **Why Water and Salt?**
To transmute the garbage *(unwanted energy)* … use a container of Water with a couple of tablespoons ore a handful of salt in it.

- Extracted and Modified from *Ignite Your Spirit: What is Spirituality and How Do You Feel Great,* by Shakti Durga, ©2010, Page 191

6. Feel and Clean – and Feel and Clean
7. Always Cleanse THOROUGHLY
8. Always Remove or Extract ALL of the Dirty Energy from the Energy Field
9. Your Hands should be Flexible and Relaxed.
10. Your Hands should not be stiff.
11. Your Fingers should also be relaxed.
12. Perform the motion with the fingers in a naturally extended position – something like stroking a dog or a cat … not constantly at a rigid 90° angle

- Extracted & Modified from *The Manual on Pranic Energy Healing Level I,* by Charlotte Anderson, ©2013, Page 43-44

APPENDIX O
TECHNIQUES TO INCREASE ONE'S INTERNAL POWER

Technique Number One to Increase One's Internal Power

Connecting to Mother Earth through Putting down Roots of Light.

Let us do the following simple Exercise:

1. Stand up
2. Open your legs so that they are positioned below your shoulders
3. Close your Eyes and Concentrate on the Base of your Spine.
4. Normally focus your attention on the very Bottom of your Spine.
5. Let the Bottom of your Spine feel very, very, very Heavy.
6. Now visualize Light going down, down, down –
   from the Bottom of your Spine into the Earth.
   See it!
   Feel it!
   Experience it!
7. Imagine the Brilliant Light going Down and Invoke for the Blessing of Connection to Mother Earth
8. *Say,*

   I am Connected to Mother Earth

9. Envision the Light going down, down, down - 3 Meters, 9 Meters, 12 Meters, 18 Meters …
10. Allow these Roots to Spread around you in all directions.
11. Feel the Light going deep, deep, deep - into the Earth.
12. Reaffirm your Connection

    Say,

    *I am Rooted**
    Blessings be to our Divine Beloved Mother Earth
    With Thanks and In Full Faith
    *We thank you!**

* In Countries where saying "Rooted" is not appropriate please change the Term to "Grounded".

Technique Number Two to Increase One's Internal Power

One's journey into Materialization should always begin with maintaining a strong connection to a Higher Power - which we may call the Universal Supreme God.

Invocation is a fast method to achieve stronger connection to the Supreme God. Simply Say,

To the Supreme God,
We Thank You for your Great Great Blessings
Humbly we Invoke for Divine Guidance, Help and Divine Protection.
Thank you for Granting our Wishes and our Desires
Thank You for all of your Great Gifts and Blessings
With Deepest Gratitude, Respect and in Full Faith.
Thank You

This particular Invocation or Prayer is important, because it protects us from the still underdeveloped and less admirable qualities within our personalities.

Regular Invocation helps us to emphasize our Positive Aspects of our Personality and it helps us to regulate the more unruly facts of our Personalities.
The process of the Transformation of the Personality also leads to the Evolution of the Soul … which ultimately leads to Soul Realization.

Many Invocations may be used.
But the Invocation below - is one of the most simple and fundamental Techniques and it is based on the one given to this compiler by her Spiritual Teacher.

Personally this author would recommend always doing the Invocation in a slightly different way – also Invoking to One's Spiritual Teacher and His lineage of Spiritual Teachers. Say,

To the Supreme God,
To Lord Mahaguruji Mei Ling
Maha Atma Choa Kok Sui
All the Great, Great Ones,
Holy Gurus, Holy Masters, Saint, Archangels & Holy Angels
& Spiritual Helpers
we Thank You for your Great Great Blessings
and Humbly we Invoke for Divine Guidance, Help and Divine Protection
We Thank you for Granting our Wishes and our Desires
and we Thank You for all of your Great Gifts and Blessings
With deepest Gratitude, Respect and in Full Faith we Thank You

Technique Number Three to Increase One's Internal Power

Reduce Negative Thought Habits

Fortunately there are many Techniques that make it easier to reduce our Negative Thought patterns:

1. Identify your Negative Thought Habit
2. Become more precise in your Thinking

3. Do you:
   Take things Personally
   Consciously Remain in the Present Moment
   DO what needs to be done – instead of Procrastinating
   (Don't Procrastinate!)
   Immediately jump to Negative Conclusions – instead of seeing a Balanced Perspective
   Avoid Overly Emotional Reactions when confronted by unexpected circumstances

4. Evaluate the Risks:
   - Are things really as bad as you think they are
   - Is it your fear of what might happen – that causes you to react
   - Do you allow your Fears to unduly influence your Thoughts and Actions
   - Do you consider the Big Picture – before reaching Conclusions
   - Do you take Responsibility for yourself

5. Feel Gratitude for the Many Countless Blessings in your Life

Technique Number Four to Increase One's Internal Power

How well can you Regulate your Mind?

Lets do an Exercise together.

1. Decide – you will not think about a certain topic, person, troublesome situation or event - for the next 15 minutes.
   Decide – You will not think about this topic *Even one time* – during the specified period.
   Set a timer.

2. Decide what you *Will* think about.
3. You may gradually increase the time to 30 minutes then to 1 hour.

In life there are countless small moments in time …

Most of us have a lot of years in front of us – so why hang on to one short troublesome issue? Simply make a decision not to allow anything, or any person or any Thought to affect you. Period!

Each of us has a choice – regarding:

What we will Think about
How we will Internalize a situation
How we will React to a situation
Will we Hold onto a situation – repeating it like a broken record in our heads?
Can you Direct your Mind into a more Productive Channel
Let go of the old patterns of Thinking and Acting
How you React– or you do not React is up to you
Each moment Life gives us Opportunities to chose to
Regulate your Mind

APPENDIX P
MORE ANNOTATIONS

Annotations from Neale Donald Walsch

The fastest way to receive anything from the Universe is to give it away to someone else. I don't know what you asked from God, but whatever it is, find someone else in this world who needs that right now, and be the source of that miracle for another. You will then discover that what flows through you is given to you. For that which you give to another, you would have given to yourself. Do this consistently. Don't stop with just one. Find 4 or 5 or 6 or 8 or 10 other people who need the thing, who desire the thing, who want desperately the thing that you say you want for yourself, and find a way to give it to them.

- Extracted from *Questions and Answers on Conversations with God*, by Neale Donald Walsch, ©1999, *How can I Make a Miracle Happen?*

The reason that you have been unable to manifest the miracle that you have desired for so many years in your life is because at some deep level I suspect you feel unworthy of receiving that miracle, or you believe, perhaps, that it simply can't happen. It is impossible, and therefore will not materialize.

- Extracted from *Questions and Answers on Conversations with God*, by Neale Donald Walsch, ©1999, *How can I Make a Miracle Happen?*

Command the Universe. Go ahead … Command. Call for it. And what is the best way to "call forth" your next chosen reality? Say a prayer of Thanksgiving that it has already been given to you. This affirms the truth of the statement, "even before you ask, I will have answered."

- Extracted from *Questions and Answers on Conversations with God*, by Neale Donald Walsch, ©1999, *Commanding the Universe*

The Max Planck Quotes

The Max Planck quotes: http://en.wikiquote.org/wiki/Max_Planck

Max Karl Ernst Ludwig Planck (23 April 1858 – 4 October 1947) was one of the most important German physicists of the late 19th and early 20th century, winning the Nobel Prize in Physics in 1918; he is considered to be the founder of quantum theory.

"I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness.
Everything that we talk about, everything that we regard as existing, postulates consciousness."

- As quoted in The Observer (25 January 1931)

"As a man who has devoted his whole life to the most clear headed science, to the study of matter, I can tell you as a result of my research about atoms this much: There is no matter as such. *All matter originates and exists only by virtue of a force* - which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. *We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all Matter."*

- Das Wesen der Materie [The Nature of Matter], speech at Florence, Italy (1944) (from Archiv zur Geschichte der Max-Planck-Gesellschaft, Abt. Va, Rep. 11 Planck, Nr. 1797)

Consciousness and Max Planck

The Max Planck quote: http://en.wikiquote.org/wiki/Max_Planck

"I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness.
Everything that we talk about, everything that we regard as existing, postulates consciousness."

Annotation from the Upanishads

As is the human body, so is the cosmic body.
As is the human mind, so is the cosmic mind.
As is the microcosm, so is the macrocosm.
As is the atom, so is the universe.

- The Upanishads

Annotation of Nikola Tesla

"The gift of mental power comes from God, divine being, and if we concentrate our minds on that truth, we become in tune with this great power." and "Our senses enable us to perceive only a minute portion of the outside world."

- Nikola Tesla – *Electrical World and Engineer* (7 January 1905)

APPENDIX Q
ANNOTATIONS "THE LAW OF KARMA"

Karma is a Universal Law with which one should be working.

- Extracted from *Story of Karma,* by Edgar Cayce, ©1994, Page 7

"Karma" is a term in general used among the Hindus, and the Western believers in Reincarnation, the meaning of which is susceptible of various shades of definition and interpretation … Strictly speaking, "Karma" is the Law of Cause and Effect as applied to the life of the soul – the law whereby it reaps the results of its own sowing, or suffers the reaction from its own action.

- Extracted from *Reincarnation and the Law of Karma,* by William Walker Atkinson, ©1908, Page 222

Karma is in E-V-E-R-Y intonation, karma can be described as history with others, through healing and growth. Karma is a teacher, asking us in what ways can we be emotionally responsible.

Karma is God's tough-love to us.

- Extracted from https://earthconnections.wordpress.com/2013/05/03/can-a-karmic-relationship-work/ , 21 April 2015

The widest definition of Karma is "What goes around, comes around," or, what you do and say will come back to you, good or bad. People generally use it in reference to someone acting in a really awful or really wonderful way. We let go of some anger towards mean people knowing that their Karma will catch up to them.

- Extracted from *Karma – Happiness in Your Life,* by Doe Zantamata, ©2012, Page 4

Well that Karma be understood, and how it is to be met. For various Thought – whether considered philosophy or religion, or whether from the more scientific manner of cause and effect – Karma is all of these and more.

- Extracted from *Reincarnation & Karma,* by Edgar Cayce, ©2006, Page 151

It is also the Law of Grace, of Mercy, for if ye would have Mercy ye must show Mercy. If ye would have peace it must be first within self, and ye must be peaceful and create Peace wherever you go, with whomever ye contact, and not dissension.

- Extracted from *Reincarnation & Karma,*
  by Edgar Cayce, ©2006, Page 168

The Law of Karma does seek to teach us a lesson so that we will not continue in ignorance, and the Law of Karma always seeks to bring about an adjustment or to see that proper compensation is made for all wrongs, and also for all rights.
We must remember that the Law of Karma is just as ready to reward us for the good things we do as to cause us to make compensation for the wrong things we do.
In case where Instructions and Guidance is intended by Karma, the result of our wrong acts performed in Ignorance will be Conditions and Experiences in the future that will teach us the valuable lesson and help us to avoid making similar mistakes again.

- Extracted from *The Rosicrucian Forum,*
  by Rosicrucian Editors, ©1936

As we have tipped the balance on way, it will swing back again, and we must bear the consequences of our acts.

- Extracted from *The Science of Sacraments,*
  by Charles W. Leadbeater, ©1920, Page 60

APPENDIX R
ANNOTATIONS ON THE WRITTEN WORD

The Book of Life is written;
and God said, "So let it be written; so let it be done"!

- Extracted from *The Full Will of God,* by Rodger C. Gibbs, ©2002, Page 543

… let him pass a royal decree and Let it Be Written …

- Extracted and Modified from *The Holy Bible: Old Covenant,* by Charles Thomson, ©1808, CH II.I.

Knowing what you want to create in your life, and writing it down as a goal, is a time-tested and powerful way to Manifest your Dreams.

- Extracted from *Shortcuts to Bliss,* by Jonathan Robinson, ©1998, Page 160

APPENDIX S
BOOKS ON THOUGHT POWER

Multiple Authors have written books on the subject of Thought Power:

Character-Building Thought Power, by Ralph Waldo Trine, ©1899

The Secret Doctrine, by Helena Petrovna Blavatsky, ©1888

Mind-Power; the Secret of Mental Magic, by William Walker Atkinson, ©1912

Thought-Force in Business and Everyday Life, by William Walker Atkinson ©1904

Dynamic Thought, by William Walker Atkinson, ©1906

Thought Power, by Annie Besant & C.W. Leadbeater, ©1905

Thought Power, Its Control and Culture, by Annie Besant, ©1918

The Use and Power of Thought, by Charles Webster Leadbeater, ©1911

Real Inner Secrets of Psychology: Creative Thought Power, by C. Alexander, ©1929

Driving Power of Thought, by Warren Hilton, ©1914

The Science of Mind, by Ernest Holmes, ©1938

The Power of Thought: Ageless Secrets of Great Achievement, by Glenn Bland, ©1996

Circulation of Thought, by Eugen Rosenstock-Huessy Lectures Volume 9, ©1954

The Power of Thought, by Prima, ©1998

Thought Power, by Sri Swami Sivananda, ©1996

Power of Positive Thinking, by Norman Vincent Peale, ©2003

APPENDIX T
BOOKS ON MATERIALIZATION

Alchemy of Abundance, by Rick Jarow, PhD, ©2005
How to attract Success, by F.W.Sears, ©1964
Getting Rich, by Jerry Sergeant, ©
Abundance for Beginners, by Ellen Peterson, ©2007

Authors writing about Materialization

Abraham Hicks
Napoleon Hill
John Assaaraf
Bob Proctor
Rhonda Bryne
Mary T. Browne
Clement Stone
Fergus O' Connell

APPENDIX U
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ABOUT CHARLOTTE ANDERSON

Ms Charlotte Anderson, an American Business Woman and Spiritual Practitioner was the Founder of *The Inner Sciences International Network of Organizations*. This Organizational Network acts globally to spread Spiritual and Energy Healing Techniques.

As the Spiritual Companion and Consort of Maha Atma Choa Kok Sui, Charlotte Anderson received comprehensive personal training from this Great Master of Energy that lasted the entire period of their amazing relationship - which covered 14 years of their life (1996 – 2007).

Wherever her Spiritual Teacher and life partner taught globally, they were constantly together - both during periods of work and relaxation and their relationship was both personal and professional.

Charlotte Anderson also functioned as the compiler, transcriber and editor of Maha Atma Choa Kok Sui's last 11 books and collaborated with Him as Executive Producer for numerous CD's, established together with Him in 1998 *The Planetary Peace Movement* (www.ppmaudiostream.org) still acting in more than 80 countries, founded the *QandA E-Group*, established *The Endowment Fund for World Peace & Global Healing* (501c3 US Tax Exempt organization, established in 2001) and the work is still going on as per the wishes and instructions of the Teacher.

In 2010, also in accordance with the instructions of her Spiritual Teacher - she completed the first in a series of posthumously produced books, *The Sphinx* (www.TheSphinx.cc).

Since Ms Anderson passed away on 7th March 2016, the Board Members of the different Organizations and their Instructors – continue to spread Spiritual and Energy Healing Techniques compiled by Charlotte Anderson. While her body rests in peace, her target to transform the life of thousands of people through these Teachings moves on.

During this period *The Inner Sciences Foundation* is very lucky to be able to release more Materials created by Charlotte Anderson.

THE SPIRITUAL PRACTICE BOOK - IS COMING SOON!

We are looking forward to the completion of the Editing of her second book:

"Spiritual Practice – A Guide on The Path to Arhatship"

Practitioners who decide to walk on this Compassionate Path to Universal Knowledge & Wisdom - may experience a tremendous down-pouring of Spiritual Energy - which occurs when a complete System for Spiritual Practice *(or Sadhana)* is regularly followed.

When a Practitioner consciously begins to partake of different types of systematic Practices, this Soul Development leads them to *The Path to Arhatship*.

Spiritual Practices or *Sadhana* result in discovering:

- That the Fundamental causes of our Internal Suffering can be transformed into Inner Peace, Joy and Reconciliation - in both one's personal and professional life.
- Practitioners may more easily release their Illusion - that worldly matters and objects are never Permanent. This permits the Practitioner to become serenely filled with a deeper level of Understanding and Acceptance - of the events that transpire in their daily lives.
- Practitioners may finally reach a State of Inner Stillness and Peace - and will feel increasingly less Emotional Turmoil including Stress – thereby allowing a greater degree of Flow in their lives.
- Practitioners may also find a deeper sense of Appreciation for the Abundance in their own lives – particularly when they strive to "Serve" less fortunate people who are in need of help.

Spiritual Practice on *The Path to Arhatship* can rapidly accelerate the Development of one's Body, Mind and Soul.

With great excitement and joy, we are looking forward to sharing with you more Light from the Great Spiritual Teachers and Masters – who's Treasure Teachings are a part of *"The Path to Arhatship"*.

About the Work of The Inner Sciences Foundation

The Virtual School of TSF

The Virtual School of The Inner Sciences Foundation has been established to make Teachings regarding Subtle Energies easily available to Students located in widely diverse Global Locations. This *Virtual School* has been Envisioned to be available wherever you are – during all hours of the day and night. We have Great Confidence that the Teachings shared within The School – will Illuminate and Open new Pathways on your Journey through Spiritual Development to Transformation.

www.thevirtualschooloftisf.net

Nourish your Soul – Charity Program

Nourish Your Soul (NYS) was founded by Charlotte Anderson in early 2013 – as a Charitable Branch of The Inner Sciences Foundation (a 501c3 US Tax Exempt organization). The goal is to provide food and basic necessities to those in need. NYS is dedicated to directly supporting the thousands of homeless people living on California and Nevada streets, in "wash" or river areas, under bridges, in parks – tot those individuals and families living without a permanent shelter or address.

www.nourishyoursoul.us

The Inner Sciences Network of Organizations

The Inner Sciences is an International Network of independent not-for-profit Organizations and Individuals working together to spread Spiritual and Esoteric Teachings throughout the World. The Teachings of *The Inner Sciences* can uplift and harmonize a Practitioner's Life – which will allow a normal Individual to become Increasingly filled with Inner Light! *The Inner Sciences International Network of Organizations* has man "Entry Points". By using a multi-faceted approach one is led to Activate the Potent, Latent Powers within. *The Inner Sciences Network* organizes and conducts Workshops, Conferences, Lectures, Broadcasts, Audio Streams, Video Streams, Webinars and Training Programs. It is dedicated to providing Complementary Healthcare Information and Energy Treatments, as well as a broad Spectrum of Spiritual Practices that include various forms of Yoga, Meditations and Esoteric Teachings that lead one to Rapid Personal Growth, Self Awareness and Spirituality.

Join us at: www.theinnersciences.net